

Bottle Gourd Curry

Ingredients:

- 1 medium bottle gourd (lauki), chopped into cubes
- 1/2 tbsp cold pressed coconut oil
- 1 tbsp chana dal or yellow moong dal (pre-soaked and drained)
- 1 tsp rai/mustard seeds
- 1 tsp jeera/cumin seeds
- 1/2 tsp methi dana/fenugreek (pre-soaked and drained)
- 1/2 tsp haldi/turmeric
- 1/2 tsp mirch/chilli powder
- 1/2 tsp dhaniya/coriander powder
- Salt to taste

Method:

1. Heat the oil in a pan.
2. Add the mustard and cumin seeds and wait until they sputter.
3. Add methi dana, chana dal / yellow moong dal and stir for a minute.
4. Add the turmeric, chili powder, coriander powder, salt and stir well.
5. Now add the bottle gourd and stir it well till they are covered with spices.
6. Add about ¼ cup of water to the pan.
7. Cover and let it cook by stirring occasionally,
8. Let it simmer in slow gas for 10 minutes keep checking on it.
9. Garnish with chopped coriander.
10. Serve hot.

Variations:

- We can make the same preparation for ridge gourd too.
- Can add jaggery for extra taste.
- Garnish with grated coconut and pumpkin seeds for more flavour.
- Wonder vegetable bottle is rich in dietary fibre, antioxidants, Vitamins B and C.
- It has more than 96 percent water and thereby prevents fatigue and keeps the body cool too.
- It is a suitable vegetable for elders as well as for children, people with flatulence, digestive problems, diabetics and those who are recovering from an illness or injury.

