DietCloud – Recipe

Recipe Name: Sri Lankan Pumpkin Curry Recipe - No Oil
Diet Type: Vegetarian
Course: Dinner
Cuisine: Sri Lankan
Quantity:



Ingredients

Ingredient	Quantity
• 500 grams Kaddu (Parangikai/ Pumpkin) - cut into medium chunks • 8 Shallots - finely sliced • 1 Green Chilli - slit • 1 Cinnamon Stick (Dalchini) • 1 teaspoon Methi Seeds (Fenugreek Seeds) • 1 teaspoon Turmeric powder (Haldi) • 1 teaspoon Black pepper powder • 1/2 teaspoon Red Chilli powder • 1/2 teaspoon Sugar • 1 cup Coconut milk • Salt - to taste • 5 cloves Garlic • 2 teaspoons Mustard seeds	4

Preparation

• To begin making Sri Lankan Pumpkin Curry Recipe, wash, de-seed and cut the yellow pumpkin along with the skin to medium square pieces and keep aside.
• Make a coarse paste of the garlic and mustard seeds using a mortar and pestle and keep aside.
• Heat a heavy bottomed pan, add the pumpkin squares, sliced shallots, slit green chilli, cinnamon stick, fenugreek seeds, turmeric powder, pepper powder, red chilli powder, sugar and a cup of water.
• Season with salt and simmer until the pumpkin is half cooked, occasionally stirring in between.
• This will take around 8 minutes.
• Now, add the coarse garlic, mustard mix and cook until the pumpkin is well cooked yet firm.

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Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)