

**Recipe Name:** White Pumpkin Mor Kuzhambu Recipe - Kerala Style White Pumpkin Curry

**Diet Type:** Vegetarian

**Course:** Lunch

**Cuisine:** Kerala Recipes

**Quantity:**



## Ingredients

| Ingredient                                                  | Quantity |
|-------------------------------------------------------------|----------|
| • 1-1/2 cups Curd (Dahi / Yogurt) - thick                   | 2        |
| • 1/2 cup Fresh coconut                                     |          |
| • 1 cup Vellai Poosanikai (Ash gourd/White Pumpkin) - cubed |          |
| • 4 Green Chillies                                          |          |
| • 1/4 teaspoon Black pepper powder                          |          |
| • 1/3 cup Water                                             |          |
| • 1/4 teaspoon Turmeric powder (Haldi)                      |          |
| • Salt - as per your taste                                  |          |
| • 1 teaspoon Coconut Oil                                    |          |
| • 1/4 teaspoon Mustard seeds                                |          |
| • 1/4 teaspoon Methi Seeds (Fenugreek Seeds)                |          |
| • 1 sprig Curry leaves                                      |          |
| • 1 Dry Red Chilli                                          |          |

## Preparation

- To begin making White Pumpkin Mor Kuzhambu, we need to first cook the pumpkin.
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## Macronutrients

| Calories (kcal) | Protein (g) | Carbs (g) | Fat (g) | Fiber (g) | Sugar (g) |
|-----------------|-------------|-----------|---------|-----------|-----------|
| 250             | 5           | 35        | 15      | 4         | 10        |