

Recipe Name: Lauki Ka Salan Recipe - Bottle Gourd Salan Recipe

Diet Type:

Course: Lunch

Cuisine: Andhra

Quantity:



Ingredients

Ingredient	Quantity
• 500 grams Bottle gourd (lauki) - Cut into 1/2 inch discs	4
• 1 Onion - finely chopped	
• 6 cloves Garlic - finely chopped	
• 1 inch Ginger - finely chopped	
• 4 Green Chillies - slit	
• 1 teaspoon Cumin seeds (Jeera)	
• 1/2 teaspoon Mustard seeds	
• 1/4 teaspoon Methi Seeds (Fenugreek Seeds)	
• 1/4 teaspoon Turmeric powder (Haldi)	
• 1 teaspoon Red Chilli powder	
• 1 tablespoon Coriander Powder (Dhania)	
• 1 cup Tamarind Water	
• 2 Tomatoes - made into a puree	
• Sunflower Oil - to cook	
• Salt - to taste	
• 3 sprig Coriander (Dhania) Leaves - chopped	
• 2 tablespoons Roasted Peanuts (Moongphali)	
• 2 tablespoons Sesame seeds (Til seeds)	
• 3 tablespoons Fresh coconut - grated	

Preparation

- Into a mixer grinder blend the peanuts, sesame seeds and grated coconut along with a little water to make a smooth paste and keep aside.
- Make a puree of the tomato and keep.

Macronutrients



Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
250	5	30	15	4	8

