

Recipe Name: Kovakkai Podi Curry Recipe - Tamil Nadu Style Ivy Gourd Stir Fry

Diet Type:

Course: Lunch

Cuisine: Tamil Nadu

Quantity:



Ingredients

Ingredient	Quantity
• 400 grams Tindora (Dondakaya/ Kovakkai) - thinly sliced vertically	4
• 1 teaspoon Mustard seeds	
• 1/2 teaspoon White Urad Dal (Split)	
• pinch Asafoetida (hing)	
• 1 sprig Curry leaves	
• 1 Dry Red Chilli	
• 1 tablespoon Sunflower Oil	
• Salt - to taste	
• 2 tablespoons Coriander (Dhania) Seeds	
• 1 tablespoon White Urad Dal (Split)	
• 1 tablespoon Chana dal (Bengal Gram Dal)	
• 4 Dry Red Chillies	
• 1/4 teaspoon Asafoetida (hing)	

Preparation

- To begin making Kovakkai Podi Curry Recipe, dry roast the ingredients mentioned in the spicy lentil mix table and grind it to a coarse mix using a hand blender or Mixer and keep aside.
- Heat oil in a Kadai on medium flame, add the mustard seeds, urad dal an.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
120	2	6	8	2	2