

Recipe Name: Til Moongphali Aur Kundru Sabzi Recipe - Sesame, Peanuts And Ivy Gourd Stir Fry

Diet Type:

Course: Side Dish

Cuisine: Indian

Quantity:



Ingredients

Ingredient	Quantity
• 400 grams Tindora (Dondakaya/ Kovakkai) - sliced to roundels	4
• 2 teaspoons Sunflower Oil	
• 1/2 teaspoon Mustard seeds	
• 2 Dry Red Chillies	
• 2 sprig Curry leaves	
• 2 tablespoons Raw Peanuts (Moongphali) - coarsely ground	
• 2 teaspoons Sesame seeds (Til seeds) - roasted	
• 1/2 teaspoon Red Chilli powder	
• 1 teaspoon Coriander Powder (Dhania)	
• 1 pinch Turmeric powder (Haldi)	
• Salt - to taste	

Preparation

- To begin making Til Moongphali Aur Kundru Sabzi Recipe (Sesame, Peanuts & Ivy Gourd Stir Fry), wash and thinly slice tindora/kundru and keep aside.
- Dry roast sesame seeds in a kadai till fragrant (just for a minute or so on medium heat) and keep aside.
- Heat.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
220	8	20	14	4	2