DietCloud – Recipe

Recipe Name: PUMPKIN THEEYAL
Diet Type: Vegetarian
Course: General Course
Cuisine: Indian
Quantity:



Description

Pumpkin Theeyal is a traditional South Indian curry from Kerala, featuring tender pieces of pumpkin simmered in a rich, aromatic gravy made from roasted coconut and a medley of traditional spices. The dish, visible in the photo as a reddish-brown, thick curry with diced pumpkin and dark curry leaves, offers a delightful balance of sweet, spicy, and tangy notes. This single-serving recipe delivers a concentrated burst of flavor, typically enjoyed as a flavorful accompaniment to rice or traditional South Indian breads.
[PROS]
- Excellent source of Vitamin A from pumpkin, supporting vision and immune health.
- Rich in dietary fiber, aiding digestion and promoting satiety.
- Contains beneficial medium-chain triglycerides (MCTs) from coconut oil.
- Abundant in antioxidants from pumpkin and a variety of spices, combating oxidative stress.
[CONS]
- Can be calorie-dense if portion sizes are not controlled due to coconut content.
- High sodium potential if not mindful of added salt.
- Contains coconut, which is a common allergen.
[DIETITIAN REVIEW]
This Pumpkin Theeyal offers a nutrient-dense and flavorful option, packing a punch with Vitamin A and fiber from the pumpkin, complemented by the healthy fats in coconut. The array of spices adds not only depth of flavor but also provides numerous antioxidant and anti-inflammatory benefits. It's a well-balanced dish, provided portion sizes are managed. Score: 8.5/10

Ingredients

Ingredient	Quantity
• Pumpkin • peeled and diced	1/2 cup (approx. 70g)
• Grated coconut	3 tablespoons
• Shallot • thinly sliced	1 small
• Garlic • minced	1/2 clove

DietCloud – Recipe

DietCloud – Recipe

• Ginger • minced	1/4 inch piece

• Tamarind pulp (from a tiny pinch soaked in 2 tbsp warm water)	1 tablespoon

DietCloud – Recipe

• Curry leaves	1 sprig (approx. 5-6 leaves)

• Red chili powder	1/4 teaspoon (adjust to taste)

• Coriander powder	1/2 teaspoon

DietCloud – Recipe

• Turmeric powder	Pinch

DietCloud – Recipe

• Fenugreek seeds	1/8 teaspoon

DietCloud – Recipe

• Mustard seeds	1/4 teaspoon

DietCloud – Recipe

• Asafoetida (hing)	Pinch

DietCloud – Recipe

• Salt	To taste

DietCloud – Recipe

• Coconut oil	1 teaspoon

DietCloud – Recipe

• Water	1/4 - 1/2 cup, as needed

DietCloud – Recipe

Preparation

• 1.

• In a small saucepan, combine the diced pumpkin with a pinch of turmeric powder, a tiny pinch of salt, and about 1/4 cup of water.

• Cook over medium heat until the pumpkin is tender but still holds its shape, about 5-7 minutes.

• Set aside.

• 2.

• Heat a tiny dry pan over low heat.

• Add the grated coconut, fenugreek seeds, red chili powder, and coriander powder.

• Roast, stirring continuously, until the coconut turns golden brown and aromatic (be careful not to burn it), about 3-5 minutes.

• Allow to cool slightly, then grind to a smooth paste with 1-2 tablespoons of water.

• 3.

• In the same small saucepan (or a different one), heat the coconut oil over medium heat.

• Add the mustard seeds and let them splutter.

• Then add half of the curry leaves and the pinch of asafoetida.

• Sauté for a few seconds.

• 4.

• Add the sliced shallot, minced garlic, and minced ginger to the pan.

• Sauté until the shallots turn translucent and soft, about 2-3 minutes.

• 5.

• Stir in the cooked pumpkin and the tamarind pulp.

• Mix gently.

• 6.

• Add the ground coconut paste to the pan along with a little more water (1/4 cup or as needed) to achieve your desired gravy consistency.

• Bring to a gentle simmer.

• 7.

• Cook for 5-7 minutes, allowing the flavors to meld and the gravy to thicken slightly.

• Add salt to taste.

• Garnish with the remaining curry leaves.

• Serve hot with rice or bread.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	8	60	24	10	20