

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



Description

Core Components

The Base: A thick gravy made from slow-roasted coconut ground into a smooth, oily paste with dried red chilies, coriander seeds (or powder), and sometimes a hint of fenugreek.

The Vegetable: Yellow pumpkin (Mathanga) provides a natural sweetness that balances the sharp tamarind and roasted spices.

The Tang: Tamarind extract is essential for the characteristic sourness of the dish.

Preparation Steps

Roast the Masala: Heat a pan with minimal oil. Add grated coconut and roast on low-medium heat, stirring constantly until it turns a deep golden brown. Add red chili powder and coriander powder in the final minute, then grind into a fine, smooth paste with very little water.

Cook the Pumpkin: Sauté cubed pumpkin with turmeric, salt, and green chilies. Add enough water to cook the pumpkin until tender but not mushy.

Simmer with Tamarind: Stir in tamarind extract and the roasted coconut paste. Simmer for 10–15 minutes until the flavors meld and oil begins to separate on the surface.

Tempering (Tadka): Heat coconut oil and splutter mustard seeds. Add shallots, dried red chilies, and curry leaves. Sauté until shallots are golden brown and pour over the curry.

Ingredients

Ingredient	Quantity
• Need to Fill	

Preparation

Macronutrients

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