DietCloud – Recipe

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



Description

Ingredients
Vegetable: 2–3 cups cubed yellow pumpkin.
Tempering (Tadka): 1 tsp mustard seeds, 1 tsp urad dal (split black gram), 1 tsp chana dal (optional for crunch), a pinch of asafoetida (hing), and fresh curry leaves.
Aromatics: 1 medium onion (or 6–8 shallots for better flavor), 2–3 dried red chilies, and 1–2 green chilies.
Seasoning: ½ tsp turmeric powder, salt to taste, and optional ½ tsp jaggery to enhance the pumpkin's sweetness.
Finish: ¼ to ½ cup freshly grated coconut.
Cooking Instructions
Tempering: Heat oil (coconut oil is traditional for flavor) in a pan. Splutter mustard seeds, then add urad dal, chana dal, dried red chilies, hing, and curry leaves.
Sauté Aromatics: Add chopped onions or shallots and green chilies. Sauté until the onions are translucent.
Cook Pumpkin: Add the pumpkin cubes, turmeric, and salt. Toss well. Sprinkle 2–3 tablespoons of water, cover with a lid, and cook on low-medium heat for 8–10 minutes until tender.
Finish: Once the water has evaporated and the pumpkin is cooked, add jaggery (optional) and the grated coconut. Mix gently to avoid mashing the pumpkin, then turn off the heat.

Ingredients

Ingredient	Quantity
• Need to Fill	

Preparation

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
220	5	35	10	4	10