

Recipe Name: Sour Sweet Petha Recipe (Yellow Pumpkin Vegetable)

Diet Type: Vegetarian

Course: Lunch

Cuisine: Indian

Quantity: 1 cup



Ingredients

Ingredient	Quantity
• 1 Kaddu (Parangikai/ Pumpkin)	2
• 4 Green Chillies	
• 1 teaspoon Fennel seeds (Saunf)	
• 1/2 teaspoon Whole Black Peppercorns	
• 1 tablespoon Sunflower Oil	
• 1 teaspoon Sugar	
• Salt	
• 1 Amchur (Dry Mango Powder)	
• Coriander (Dhania) Leaves - finely chopped	

Preparation

- To begin making the Yellow Pumpkin Sabzi, first peel, deseed and cut the pumpkin into cubes of approximately 3/4 inch each.

- Dry roast the fennel seeds and peppercorns ove.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
50	1	12	0.5	2	6