

Recipe Name: Lauki Badi Ki Sabzi (Recipe In Hindi)
Diet Type:
Course: Main Course
Cuisine: Rajasthani
Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 1/2 gourd - peel and chop	3
• 1/2 cup wood	
• oil - 4 curry leaves	
• 1/2 teaspoon cumin seeds	
• 1/2 teaspoon mustard	
• asafoetida - a pinch	
• 1 green chili - finely chopped	
• 1 inch ginger - grated	
• 3 cloves garlic - grated	
• 1 teaspoon red chilli powder	
• 1/2 teaspoon turmeric powder	
• 1/2 teaspoon coriander powder	
• 1/2 teaspoon garam masala powder	

Preparation

- To make gourd elder greens, first roast the elder gourd in a frying pan.
- Keep in mind that big burns do not happen.
- After it is roasted, keep it to cool down.
- Heat oil in a pan, add cumin seeds, mustard seeds and asafoetida.
- After 20 seconds, add green ch.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
150	4	25	5	6	4