

Recipe Name: Pumpkin Peas Palya Recipe
Diet Type: Vegetarian
Course: Lunch
Cuisine: South Indian Recipes
Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 1-1/2 cup Kaddu (Parangikai/ Pumpkin) - cubed	4
• 1/2 cup Green peas (Matar) - cooked	
• 2 tablespoon Fresh coconut - grated	
• 2 teaspoon Amchur (Dry Mango Powder)	
• 1 teaspoon Garam masala powder	
• 2 teaspoons Red Chilli powder	
• 1 tablespoon Coconut Oil	
• 1 teaspoon Mustard seeds	
• 1 teaspoon Chana dal (Bengal Gram Dal)	
• 5 Curry leaves	
• 2 cups Water	
• Salt - as per taste	

Preparation

- To begin making Pumpkin Peas Palya Recipe, take a vessel and boil water.
- Now add pumpkin cubes and cook for 5 to 10 minutes or until they are half cooked.
- Strain water and keep this aside.
- Heat a heavy wok, add oil.
- Now add mustard seeds and saute well until it splutters.
- Now add chana dal, fry until they turn golden.
- Add curry leaves, fry for few seconds.
- Now add the cooked pumpkin cubes and cooked peas.
- Add amchur powder, garam masala and red chili powder, mix well.
- Let it cook for about a minute.
- Now add salt, grated coconut, and mix.



- Close and cook for 3-5 minutes.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
150	4	30	2	6	5

