

Recipe Name: Pumpkin Almond Recipe - Ach Gert Surri With Dal

Diet Type: Vegetarian

Course: Lunch

Cuisine: Tamil Nadu

Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 1 1/2 cups Vellai Poosanikai (Ash gourd/White Pumpkin) - diced into cubes	3
• 1/4 cup Yellow Moong Dal (Split)	
• 2 tablespoons Chana dal (Bengal Gram Dal)	
• 20 grams Tamarind - lemon sized	
• 1/4 teaspoon Turmeric powder (Haldi)	
• 1/2 teaspoon Mustard seeds	
• 1 teaspoon White Urad Dal (Split)	
• 1 sprig Curry leaves	
• 2 teaspoon Sunflower Oil	
• Salt - as per your taste	
• 1/2 tablespoon White Urad Dal (Split)	
• 1/2 tablespoon Chana dal (Bengal Gram Dal)	
• 1 1/2 tablespoon Coriander (Dhania) Seeds	
• 5 Dry Red Chillies	
• 1/4 cup Fresh coconut - grated	

Preparation

- To begin making Poosanikai / Ash Gourd Rasavangi recipe, make sure to soak tamarind in some hot water.
- You can add 2 cups of water or enough water to make sure that all ingredients are submerged in the water.
- Turn off the flame and allow it to cool.



- Add the ground spices & coconut to cooked ash gourd and dal mixture - Stir well.
- In a tadka pan, heat 1 teaspoon of oil.
- Once the oil is hot, add mustard seeds and allow it to sputter.
- Saute it until urad dal turns golden brown.
- Finally pour this tempering over the Ash Gourd Rasavangi and it is ready to be served.
- Serve Poosanikai Rasavangi along with Steamed Rice, Carrot and Beans Poriyal and Elai Vadam for a complete South Indian Style lunch.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
250	8	35	10	7	5

