

Recipe Name: Lauki Burfi With Paneer Recipe - Bottle Gourd Fudge With Cottage Cheese

Diet Type: Vegetarian

Course: Dessert

Cuisine: Indian

Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 1 kg Bottle gourd (lauki)	10
• 1 tablespoon Ghee - for cooking	
• 1 teaspoon Ghee - or butter for greasing	
• 3/4 cup Sugar	
• 1 teaspoon Cardamom Powder (Elaichi)	
• 1/2 tablespoon Slivered Almonds (Badam)	
• 250 gram Chenna (Homemade Cottage Cheese)	

Preparation

- To begin making Lauki Burfi With Paneer Recipe, place a pan on medium heat.
- Add ghee to it.
- Once the ghee is warm, add grated lauki to it.
- Saute the lauki for 2-3 minutes till it becomes soft and starts releasing water.
- At this stage add in the sugar.
- Mix well.
- Saute the lauki and sugar mixture on medium heat till all the water from the lauki and sugar mixture is evaporated.
- At this stage, add the homemade chenna(paneer).
- Add it to the lauki mixture and mix everything properly.
- Saute all the ingredients on low flame till all the ingredients are well combined for about 3-4 minutes.
- Add cardamom powder and mix well.
- Turn off the heat and keep the pan aside.
- Meanwhile, grease a tray with some ghee and keep aside.
- Transfer the lauki mixture to the greased tray.
- Spread it evenly.



- Garnish it with some slivered almonds.
- Let it cool for 10-15 minutes.
- With a sharp knife, cut the cooled mixture into squares.
- You can pack it up for your kids snack box or serve it after your everyday meals.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
250	10	35	8	3	15

