

Recipe Name: Khatti Meethi Tindora Sabzi Recipe - Gujarati Tindora Nu Shaak

Diet Type:

Course: Lunch

Cuisine: Indian

Quantity:



Ingredients

Ingredient	Quantity
• 500 grams Tindora (Dondakaya/ Kovakkai) - cut into rounds or thin slices lengthwise • 1/2 teaspoon Mustard seeds • 1/2 teaspoon Cumin seeds (Jeera) • 1 teaspoon Coriander Powder (Dhania) • 1 teaspoon Cumin powder (Jeera) • 1/2 teaspoon Red Chilli powder • 1 teaspoon Turmeric powder (Haldi) • SSP Asafoetida (Hing) - a few pinches • 1-1/2 teaspoon Amchur (Dry Mango Powder) • Salt - to taste • 1 tablespoon Jaggery • 4 Curry leaves - roughly torn • 2 tablespoons Sunflower Oil • 4 sprig Coriander (Dhania) Leaves - a small bunch (chopped) • Raw Peanuts (Moongphali) - a handful of roasted peanuts	4

Preparation

- To begin making the Khatti Meethi Tindora Recipe, we will first steam the vegetable in a steamer or a pressure cooker.
- Place the cut vegetable into the pressure cooker, sprinkle some salt and 2 tablespoons of water.
- Cover the pressure cooker, place the weight on and cook the tinda until you hear two whistles.
- After two whistles, turn off the heat.
- We will now release the pressure immediately, by running the pressure cooker under cold water.



- By doing this, we are making sure we don't over cook the vegetable and at the same time retain the nutrition content.
 - Open the pressure cooker once the pressure is released and keep it aside.
 - Our next step is to season the vegetable with spices.
 - Heat the oil in a large wok or a heavy bottomed pan.
 - Once the oil is heated; add the mustard seeds and cumin seeds.
 - Allow them to crackle.
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- The tindora sabzi will have a soft and juicy texture to it.
 - Check the salt and spice levels and adjust to suit your taste.
 - Turn off the heat once you achieve this consistency (about 3 to 4 minutes of stir frying).
 - Finally stir in the peanuts and the chopped coriander leaves.
 - Transfer the Tindora nu shaak to a serving bowl.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
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