

Recipe Name: Turai Pyaz Hari Mirch Ki Sabzi Recipe-
Ridge Gourd Stir Fry With Green Chili And Onions

Diet Type:

Course: Lunch

Cuisine: North Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 300 grams Ridge Gourd (Turai/ Peerkangai) - peeled and diced	4
• 2 Badi hari mirch (Large Green Chilli) - diced	
• 1 teaspoon Ajwain (Carom seeds)	
• 1 Onion - finely chopped	
• 2 cloves Garlic - finely chopped	
• 1 inch Ginger - grated	
• 1 Tomato - finely chopped	
• 1/2 teaspoon Turmeric powder (Haldi)	
• 1 teaspoon Coriander Powder (Dhania)	
• 1 teaspoon Amchur (Dry Mango Powder)	
• 1 tablespoon Jaggery	
• Salt - to taste	
• 1 teaspoon Sunflower Oil	
• Coriander (Dhania) Leaves - finely chopped	

Preparation

- Remove the seeds from the badi hari mirch and keep aside.
- Heat a teaspoon of oil in a pressure cooker, add the ajwain seeds and allow it to crackle.
- Add the onions, ginger, garlic and saute until the onions become tender.
- Once the onions are tender, add the tomatoes and the rest of the masalas and saute for a few seconds.
- Add 1/4 cup of water, cover the pressure cooker and cook until you hear three whistles and turn off the heat.
- Once done, release the pressure immediately by running the cooker under cold water to release the



pressure.

- Once done, stir in the coriander leaves, transfer to a serving bowl and serve.

Macronutrients

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