



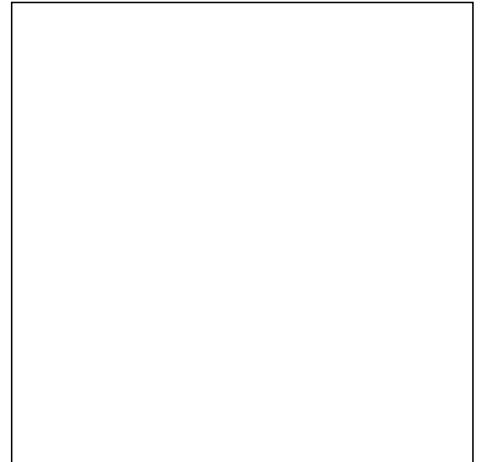
Recipe Name: Udupi Style Ash Gourd Coconut Curry Recipe

Diet Type:

Course: Lunch

Cuisine: Udupi

Quantity:



Ingredients

Ingredient	Quantity
• 500 grams Vellai Poosanikai (Ash gourd/White Pumpkin)	4
• 1/2 teaspoon Turmeric powder (Haldi)	
• Salt - to taste	
• Sunflower Oil - for cooking	
• 4 Dry Red Chillies	
• 1/2 cup Fresh coconut - grated	
• 30 grams Tamarind Water	
• 1/2 teaspoon Methi Seeds (Fenugreek Seeds)	
• 1/2 teaspoon Cumin seeds (Jeera)	
• 2 teaspoons Coriander (Dhania) Seeds	
• 2 teaspoons Sesame seeds (Til seeds)	
• 3 tablespoons Jaggery	
• 1 cup Tamarind Water	
• 1 teaspoon Sunflower Oil	
• 1/2 teaspoon Mustard seeds	
• 2 sprig Curry leaves - roughly torn	
• 1 Dry Red Chillies	

Preparation

- Release the pressure naturally.
- Soak the tamarind ball in hot water for about 15 minut.

Macronutrients

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



420 10 60 24 8 10

