

Lauki Bharta

Recipe Makes: 2 servings

Nutritional Value (per serving)

Calories: 81 kcal **Protein:** 2.4 g **Carbohydrate:** 13.3 g **Fat:** 2.9 g

Ingredients

- 1 Bottle gourd (lauki), grated
- 1 Onion
- 1 Tomatoes
- ½ tablespoon Ginger Garlic Paste
- ½ tablespoon Cumin seeds (Jeera)
- ½ tablespoon Red Chilli powder
- ¼ tablespoon Turmeric powder (Haldi)
- ½ tablespoon Garam masala powder
- Salt, to taste
- Oil, as required
- Coriander (Dhania) Leaves, for garnishing



Instructions

1. To begin with the recipe, first peel the lauki/bottle gourd and grate the bottle gourd. Keep this aside, as we proceed to make the masala for the bharta.
2. In a kadai heat a tablespoon of oil, add jeera and let it crackle. Now add ginger garlic paste and let it brown.
3. Add chopped onions and sauté till they start turning brown later add tomato and cook till the tomatoes are soft and the oil starts separating.
4. To this mixture, add red chilli powder, salt and sauté for a few seconds.
5. Add grated bottle gourd to this, give this a good mix. Cover the pan and allow the lauki to cook in low to medium heat. The lauki will give out its own liquid as it comes in contact with salt. If required, add just a little more water to cook the bottle gourd.
6. Cook till the lauki is cooked and is well combined with the spices. At this stage, add garam masala powder, cook further till until combined and the lauki bharta consistency should remain thick. Check the salt and spices and adjust to suit your taste.

7. Once done, turn off the heat and stir in chopped coriander leave. Give it a mix and transfer the Lauki Bharta to a serving bowl.
8. Serve the Lauki Bharta along with chapatis, paratha or rice.