

# Mung & White Gourd Curry

## Dudhi Bopla Mung Bhaji



- 1 tsp oil
  - ½ cup mung dal
  - 1 tsp grated ginger
  - Salt to taste
  - 4 pinches asafoetida
  - ½ tsp mustard seeds
  - ½ tsp cumin seeds
  - Pinch turmeric powder
  - 5-6 curry leaves
  - 2 tomatoes – chopped - optional
  - ½ cup chopped dudhi bopla/ white gourd/white pumpkin
  - 4 cups water
  - Coriander leaves
  - Fresh coconut - grated
1. Heat oil in pan. Add the mustard seeds. When they pop add the cumin seeds and curry leaves.
  2. Add turmeric, ginger and asafoetida.
  3. Add tomatoes, if using, and fry for a few minutes.
  4. Add dudhi bopla, salt, washed mung dal and water.
  5. Simmer for 20 minutes. Garnish with coriander leaves and coconut.