

# Pumpkin Curry

## Lal Bopla Bhaji



- 3 cups pumpkin – chopped in 1-2 cm pieces
  - 2 tsp oil
  - ½ tsp mustard seeds
  - ½ tsp cumin seeds
  - Pinch asafoetida
  - 5-6 curry leaves
  - ¼ tsp fenugreek seeds
  - 1/4 tsp fennel seeds
  - 1/2 tsp grated ginger
  - 2 inch piece dry tamarind fruit (soaked in hot water) or 1 tsp tamarind paste
  - 2 Tbsp - dry, ground coconut
  - 2 Tbsp roasted ground peanut
  - Salt and brown sugar or jaggery to taste
  - Fresh coriander leaves
1. Heat the oil and add the mustard seeds. When they pop add the cumin, fenugreek, asafoetida, ginger, curry leaves and fennel. Cook for 30 seconds.
  2. Add pumpkin and salt.
  3. Add the tamarind paste or water with pulp inside. Add the jaggery or brown sugar.
  4. Add ground coconut and peanut powder. Cook for a few more minutes.
  5. Add fresh chopped coriander.

Optional – you can add ½ cup sprouted beans at the time of cooking the pumpkin.