

Pumpkin & Yogurt Salad

Lal Bopla Raita



- 2 cups pumpkin – chopped into one inch pieces
- 1 tsp oil
- 1 - 2 tsp roasted peanut powder
- ½ tsp mustard seeds
- ½ tsp cumin seeds
- 4-5 curry leaves
- 2 Tbsp plain yoghurt
- Fresh coriander – to taste
- Salt and sugar to taste

1. Boil or steam the pumpkin. Cool. Mash if desired.
2. Heat the oil and add the mustard seeds. When they pop add the cumin seeds and curry leaves.
3. Add the spice mixture to the cooled pumpkin.
4. Add the yogurt, salt, sugar and peanut powder. Mix.
5. Garnish with coriander.