

## Snake gourd kootu



### Ingredients

- Snake gourd cubes-2 cups
- Moong dal-1/4 cup
- Green chillie-2
- Cumin seeds-1/2 tsp
- Tamarind-small marble sized
- Salt
- Fresh Grated Coconut-1/2 cup

### For seasoning

- Cooking oil-2tsp
- Red chillie-2 no
- Mustard seeds-1tsp
- Urad dal-1tsp
- Curry leaves

### Method

- Soak tamarind ,extract the juice
- Pressure cook the moong dal till mushy

- *Heat a pan adding all the seasoning ingredients. When mustard seeds pops up add snake gourd cubes and sauté for a while.*



- *Include tamarind juice and cook the vegetable till soft*
- *Grind grated coconut, jeera and green chillies into smooth paste by adding water. Add cooked dal, coconut paste and salt as required.*
- *Combine everything well by adding water as per the desired consistency. Bring it to boil for 5 minutes.*



*Serve hot with rice.*



*OM SHANTI*

