



WELLNESS ROOTS

By Kavita Sabhnani



# Pumpkin Bottle Gourd Bartha

## Ingredients

● Pumpkin	250 Gram
● Bottle Gourd	500gm
● Finely chopped Tomato	1 to 2
● Finely chopped Green/Red Chilli	1 to 2
● Oil or Ghee	1/2 tsp
● Finely chopped Onion	1
● Finely chopped Garlic cloves	2 to 3
● Finely chopped/grated Ginger	1 tsp
● Haldi/Turmeric powder	1/2 tsp
● Dhania/Coriander powder	1 tsp
● Red Chilli powder	1 tsp
● Amchoor/Dry Mango powder	1 tsp
● Garam Masala/All spice mix	A pinch or as per taste
● Jeera/Cumin Seeds	1/2 tsp
● Rai/Mustard seeds	1/2 tsp
● Heeng/Asafoetida	A pinch
● Coriander leaves	As required for garnish
● Salt	As per taste

## Preparation

1. Wash & Peel Pumpkin bottle gourd. Dice into cubes. Boil them in 1 spoon water until they turn softer. Add little salt to water while boiling.
2. Strain them and mash them. You can grind it using a grinder or use masher to make a coarser texture. I do not throw that water and instead use it in the bharta itself. (So add little water only).
3. Add Ghee/Oil in a pan/wok. When hot, add asafoetida, cumin and mustard seeds. Let the seeds crackle.
4. When it splutters, add grated ginger and green chillies. Saute it.
5. Add finely chopped garlic and onions and saute them. (If using).
6. Next add onion tomatoes to it. Stir fry. Add salt (little as you had added some while boiling them) & haldi/turmeric powder. Cook for 2 to 3 minutes.
7. When it gets cooked, add the mashed pumpkin mixture to it. Add red chilli powder, coriander, dry mango powder and a pinch of garam masala to it. Stir all and cook for 2 to 3 minutes.
8. When the watery content is evaporated completely and oil start leaving sides, off the flame.
9. Garnish with fresh coriander/mint leaves and enjoy it hot.

