

## Pumpkin gravy with cashews Recipe:

### Ingredients

- Pumpkin- 1 small, Peeled, deseeded and chopped into cubes
- Turmeric – A pinch
- Cashews- about 3 tbsp
- Salt to taste
- Tamarind pulp- 1 tbsp
- Oil- 2 tsp
- Channa dal- 1tbsp
- Coriander seeds- 1 tsp
- Cinnamon- 1 piece
- Red chillies- 3 no's
- Asafoetida- a pinch
- Dry coconut- 3 tbsp



### Instructions

1. Take the pumpkin cubes in a thick bottomed pan. Add the tamarind juice, turmeric and water to cover the pumpkin and allow the vegetable to cook on low flame.
2. Heat a tsp of oil in another pan and fry the asafoetida, cinnamon, channa dal, coriander seeds and red chillies.
3. Allow the mixture to cool completely and grind to a fine powder adding the dry coconut in the end.
4. When the pumpkin is thoroughly cooked, mash it with a potato masher and add salt.
5. Add the ground spice mix and allow the mixture to simmer for 2-3 min and take off the heat.
6. Heat the remaining oil in a pan and add the mustard seeds. Once they pop, add the cashew nuts and fry till they turn brown.
7. Add the seasoning to the gravy and mix well.
8. Serve hot with steamed rice and a dollop of ghee.