



Ingredients

- 1 Sachet MAGGI Masala-ae-Magic
- 500 gms Kaddu (Pumpkin)
- 0.5 Cup Water
- 3 Tablespoons Oil
- 0.5 Teaspoon Kalonji
- 0.25 Teaspoon Methi Seeds
- 0.5 Teaspoon Fennel Seeds (Saunf)
- 0.25 Teaspoon Cumin Seeds
- 0.25 Teaspoon Hing (Asafoetida)
- 3 Dry Red Chillies
- 0.5 Teaspoon Red Chilli Powder
- 1 Teaspoon Amchur Powder (Dry Mango Powder)
- 1 Pinch Salt (To Taste)
- 3 Teaspoons Jaggery
- 2 Tablespoons Coriander Leaves (Chopped)

Zubereitung

1. Prepare ingredients as per recipe.
2. Pressure cook the kaddu with ½ cup of water for 2-3 minutes after first whistle.
3. Heat the oil in a karahi, add the whole spices and when it splutters add the asafetida, whole red chillies and red chilli powder. Immediately add the cooked kaddu, amchur powder, gur and salt.
4. Simmer for 8-10 minutes or till you get desired consistency. Add the MAGGI Masala-ae-Magic and cook for a further two minutes.
5. Garnish with coriander leaves and serve hot with puris or rotis.

Nährewerte an

Carbohydrates	13.08 g
Energy	201.73 kcal
Fats	11.8 g
Protein	1.81 g

🕒 37 Minutes

⊕ 4 Serves