



## Pudalangai (Snake Gourd) Poriyal Recipe

### Ingredients

- Sachet MAGGI Masala-vin-Magic
- kg Pudalangai (Snake Gourd)
- Tablespoons Oil
- Teaspoon Mustard Seed
- Teaspoon Cumin Seeds
- Teaspoon Urad Dal
- Teaspoon Chana Dal
- Cloves Garlic
- Green Chillies (Slit)
- Onion (Sliced)
- Curry Leaves
- Pinch Salt (To Taste)
- 1/2 1/2 Cup Coconut bits

### Instruction

1. Scrape off the whitish layer on the pudalangai, wash well. Cut lengthwise and remove the seeds and then chop finely.
2. Heat oil in a karahi, add the mustard seeds, when they begin to splutter add the cumin seeds, urad dal and chana dal. Fry till the dal turns golden brown, then add garlic, green chillies, onions and curry leaves. Sauté till the onions turn soft and transparent.
3. Now add the chopped pudalangai and salt, stir fry on a high flame for three minutes, stirring continuously. Cover and cook on a low flame till soft and tender. Once cooked, stir fry on high flame till all the water dries up.
4. Add the MAGGI Masala-vin-Magic and grated coconut, mix well and sauté for 2-3 minutes on a low flame.
5. Serve hot with steamed rice and Sambhar.

### Nutrition

Carbohydrates	35.87 g
Energy	819.48 kcal
Fats	49.87 g
Protein	11.87 g

42 Minutes

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