



## LAUER CHECHKI (Bottle Gourd Skin Stir fry)

### Ingredients

- gms MAGGI Masala-ae-Magic (6 Grams)
- Teaspoons Mustard Oil
- Teaspoon Kalonji
- Green Chillies (Slit)
- Red Chilli Powder
- Teaspoon Poppy Seeds
- gms Bottle Gourd (Grated)
- gms Potato (Boiled and grated)
- 1/2 1/2 Teaspoon Turmeric Powder
- Teaspoon Sugar
- Teaspoon Salt
- Tablespoons Coriander Leaves (Chopped)

### Instruction

1. Heat Mustard oil in a kadhai and add kalonji, dry red chillies, poppy seeds and saute for a minute. Add green chillies and bottle gourd skin along with potatoes. Add turmeric powder and cook covered till the vegetable's peels are completely cooked (Sprinkle some water if required) (17 min)
2. Add sugar and MAGGI Masala-ae-Magic and saute for 2-3 minutes. Adjust salt to taste and mix well.
3. Turn off the flame, add chopped coriander leaves and serve hot with roti or chapati.

### Nutrition

Carbohydrates	11.99 g
Energy	82.12 kcal
Fats	1.36 g
Protein	1.86 g

30 Minutes

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