



# PLANT BASED LAUKI GOSHT

## INGREDIENTS

150 Grams Harvest Gourmet Chargrilled Pieces  
1/2 Cup potato starch  
1/2 Cup Cooking Oil  
150 Grams Lauki (Bottle Gourd)  
50 Grams Yellow Onion  
10 Grams Ginger  
10 Grams Garlic  
60 Grams Tomato  
30 Grams Olive Oil  
5 Grams Salt  
3 Grams Turmeric Powder  
6 Grams Garam Masala  
3 Grams Coriander Powder  
2 Grams Cumin Powder  
3 Grams Paprika  
3 Units Cardamom  
120 Grams Water  
3 Grams MAGGI® Liquid Seasoning  
10 Grams Coriander



## PREPARATION

- 1.** Sprinkle some water onto Harvest Gourmet Chargrilled Pieces and toss it, coat with potato starch and set aside.
- 2.** Heat oil pan and deep-fried coated chargrilled pieces till crispy and drain off oil, set aside.
- 3.** Heat olive oil in pot with medium heat, stir fry the onion, ginger, garlic and tomato till fragrant.
- 4.** Add the combined mix, lauki and stir-fry for about 2 minutes.
- 5.** Add water, fried chargrilled pieces, MAGGI Liquid Seasoning and simmer for 5 minutes stirring occasionally. Transfer to bowl.
- 6.** Serve hot with steamed basmati rice.

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