



PLANT BASED LAUKI GOSHT

INGREDIENTS

150g Harvest Gourmet Chargrilled Pieces

Potato or Corn Flour for coating

Oil for deep frying

150g Lauki (Bottle Gourd) peeled and diced into 2cm chunks

50g Onion White, roughly chopped

10g Ginger, finely chopped

10g Garlic, finely chopped

60g Tomatoes (roughly chopped)

30g Mustard Oil (or any neutral oil of your preference)

5g Salt

3g Turmeric Powder

6g Garam Masala Powder

3g Coriander Powder

2g Cumin Powder

3g Hot Paprika

3nos Green Cardamoms

120g Water

3g MAGGI Vegetarian Concentrated Stock

Garnish: Fresh coriander



PREPARATION

Sprinkle some water onto Harvest Gourmet Chargrill Pieces and toss it, coat with potato flour and set aside.

Heat oil in pan and deep-fried coated chargrill pieces till crispy and drain off oil, set aside.

Heat mustard oil in pot with medium heat, stir-fry the onion, ginger, garlic and tomato till fragrant.

Add the combined mix, lauki and stir-fry for about 2 minutes.

Add water, fried chargrill pieces, MAGGI Vegetarian Concentrate Stock and simmer for 5 minutes stirring occasionally. Transfer to bowl.

Serve hot with steamed basmati rice.

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