

Potala Rasa | Odia Style Pointed Gourd Curry

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/rasa-malaysia-recipe>

Ingredients:

- pointed gourd Parwal / Potala 7 no.
- potato medium 3 no.
- onion roughly chopped, medium 2 no.
- 7 garlic clove
- 1 inch ginger
- tomato roughly chopped, medium 1 no.
- 1 red chili
- 2 bay leaf
- 1 green cardamom
- 1 teaspoon cumin seed
- 1 teaspoon turmeric powder
- 1/2 tablespoon coriander powder
- 1/2 teaspoon cumin powder
- 1/2 tablespoon Garam Masala
- 1 tablespoon red chili powder
- 8 tablespoons mustard oil
- 1/2 teaspoon sugar
- salt as needed

Nutrition:

1. Calories: 50 calories
2. Carbohydrate: 11 grams
3. Fat: 1 grams
4. Fiber: 2 grams
5. Protein: 2 grams
6. Sodium: 220 milligrams
7. Sugar: 2 grams

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