

SNAKE GOURD (PADVAL) SALAD

Ingredients :-

- 1 small snake gourd
- 1/4th capsicum
- 1/4th Tomato
- Salt to Taste
- Fresh ground pepper
- Ginger powder or freshly grated ginger
- Lemon Juice
- 1 tbsp of mustard or groundnut oil
- ¼ tsp mustard seeds
- 1 leaflet of curry leaves

Process :

1. Peel the skin of the snake gourd using a knife so that the entire white layer is removed. Give it a good wash or it will taste bitter. Finely chop it and remove seeds, if any.
2. Chop the tomato, capsicum and add them to a bowl.
3. Add salt, pepper, ginger and lemon juice and mix well.

Tempering :

4. Heat oil in a tempering pan. Add mustard seeds. Once they start spluttering, add curry leaves and let them sizzle for a few seconds.
5. Add seasoning to the salad and mix well.