

TURAI (REDIGE GOURD) SALAD

Ingredients :

- Ridge Gourd (Turai) – 1 cup
- Onion – ¼ cup
- Tomato – ½ cup
- Green Chilli – 1 chopped
- Ginger – ½ inch grated
- Lemon Juice – 2tbsp
- Cumin (Jeera) Powder – ½ tsp
- Black Pepper – ¼ tsp
- Salt – ½ tsp
- Fresh Coriander – 2 tbsp
- Roasted Chana Dal – 2 tbsp

Method:

- Wash Turai. Peel the hard ridges
- Cut into very thin round slices
- Lightly steam turai slices for 3-4 minutes. They should be soft but not mushy.
- Let it cool to room temperature.
- Slice onion thin
- Chop tomato into small pieces
- Grate ginger fine
- Take a bowl and mix steamed turai, onion, tomato
- Add green chilli and grated ginger
- Squeeze lemon juice
- Add Cumin powder, black pepper and salt.
- Mix gently
- Add Coriander leaves.
- Topping – roasted chana dal for protein and crunch.
- Serve warm or at room temperature.