Kaddu ki sabzi is a humble North Indian dish made with yellow pumpkin, celebrated for its sweet taste and soft texture. In Ayurveda, pumpkin is known for its calming, nourishing, and balancing properties—especially for Pitta and Vata doshas.

What Is Kaddu Ki Sabzi : Vibrant Mild Spice?

A sweet-sour-spicy pumpkin curry made with simple spices like turmeric, cumin, and ginger. It’s usually dry or semi-dry and pairs well with phulkas, pooris, or plain rice.

How to Make Kaddu Ki Sabzi : The Traditional Way

Ingredients:

- 2 cups **yellow pumpkin** (kaddu), peeled and cubed
- 1 tbsp **cold-pressed sesame oil or ghee**
- ½ tsp **mustard seeds**
- ½ tsp **jeera (cumin seeds)**
- 1 small **dry red chilli** (optional)
- ½ tsp **grated ginger**
- ½ tsp **turmeric powder**
- ¼ tsp **jeera powder**
- A pinch of **red chilli powder** (optional)
- Salt to taste
- 1 tsp **jaggery** (or more as per taste)
- 1 tsp **lemon juice** (or amchur powder if preferred)
- Fresh **coriander leaves** for garnish
- Water as needed

Method:

1. Heat oil or ghee in a thick-bottomed pan.
2. Add mustard seeds and let them splutter. Then add jeera, red chilli, and grated ginger.
3. Add cubed pumpkin and sauté for 2–3 minutes.
4. Add turmeric, jeera powder, red chilli powder, and salt. Mix well.

5. Sprinkle a little water (2–3 tbsp), cover and cook on low heat till the pumpkin is soft (10–12 mins). Stir occasionally.
6. Add jaggery and lemon juice (or amchur). Mix gently and simmer uncovered for 1–2 minutes until the sabzi thickens.
7. Garnish with coriander leaves.

Ayurvedic Benefits

1. **Pumpkin** is grounding, cooling, and tridosha balancing—especially good for Pitta and Vata.
2. **Jaggery** aids digestion and balances the pumpkin's sweetness.
3. **Ginger and cumin** improve Agni without overheating the system.
4. No onion, garlic, or heavy spices – perfectly sattvic and ideal for fasting or simple meals.

Pro Tips from the Indian Kitchen

- Do not overcook—pumpkin should retain shape yet be soft.
- Adjust jaggery depending on the natural sweetness of the pumpkin.
- For added depth, you can add ½ tsp of fennel seeds while tempering.

❤ Why We Love Kaddu Ki Sabzi

- Naturally sweet and comforting
- Balances doshas gently
- Simple, quick, and perfect for sensitive stomachs
- Delicious with minimal ingredients

Ideal For

- Light lunches and dinners
- Pooja or fasting days (can omit red chilli)
- Kids and elderly-friendly meals
- Pairing with phulka, millet rotis, or plain rice

