

Lauki ki sabzi is a light, nourishing Indian curry made from bottle gourd. Popular across many Indian homes, this sabzi is ideal for those seeking a sattvic, calming, and digestion-friendly meal. It's subtle, soft, and so comforting!

What Is Lauki Ki Sabzi?

A mildly spiced curry made using **lauki (bottle gourd)** cooked with minimal oil and Ayurvedic spices like cumin, ginger, turmeric, and coriander. It's known for its cooling and hydrating qualities.

How to Make Lauki Ki Sabzi : The Traditional Way

□ Ingredients:

- 2 cups **lauki (bottle gourd)**, peeled and diced
- 1 tbsp **cold-pressed sesame oil or ghee**
- ½ tsp **jeera (cumin seeds)**
- 1 small **green chilli**, slit (optional)
- ½ tsp **grated ginger**
- ½ tsp **turmeric powder**
- ½ tsp **coriander powder**
- A pinch of **black pepper** (optional)
- Salt to taste
- 1 tbsp **finely chopped coriander leaves**
- Water as needed

□ Method:

1. Heat oil or ghee in a pan.
2. Add cumin seeds and let them splutter.
3. Add grated ginger and slit green chilli (if using). Sauté briefly.
4. Add chopped lauki and sauté for 2–3 minutes.
5. Add turmeric, coriander powder, salt, and a splash of water. Mix well.
6. Cover and cook on low heat for 10–12 minutes or until lauki is soft but not mushy.
7. Open lid, stir gently. If needed, simmer to evaporate excess water.

8. Garnish with fresh coriander and serve warm.

▣ Ayurvedic Benefits

1. **Lauki** is cooling, hydrating, and balances [Pitta](#) and [Vata](#).
2. **Cumin and ginger** stimulate Agni without causing heat.
3. Perfect for those with acidity, fatigue, or sluggish digestion.
4. Light on the stomach and ideal during detox or recovery.

▣ Pro Tips from the Indian Kitchen

- Use tender lauki—avoid mature ones with hard seeds.
- You can add ½ tsp lemon juice after cooking for slight tang.
- For a soupy version, add more water and mash some cooked lauki for a comforting stew-like consistency.

♥ Why We Love Lauki Ki Sabzi

- Light, sattvic, and easy to digest
- Nourishes the body and calms the mind
- Quick to make with very few ingredients
- Versatile – can be served with rice, roti, or millets

▣ Ideal For

- Everyday lunch or dinner
- During fasting or post-fasting recovery
- Seniors, kids, or anyone with weak digestion
- When you need a break from heavy meals

