

Kadai curries are known for their robust spices and vegetable overloads. But here's a grounded version — light, balanced, and intentionally made without nightshades, onion, garlic, or heavy legumes. A medley of sattvic, easy-to-digest vegetables wrapped in a gentle, spiced tomato base.

What Is Sattvic Veg Kadai?

This variation is a calming, wholesome version of the popular Veg Kadai — using only vegetables that align with Ayurvedic and sattvic cooking principles. Perfect for those on detox diets, calming food plans, or spiritual routines.

How to Make Sattvic Veg Kadai : The Traditional Way

▣ INGREDIENTS

Allowed Vegetables (choose 4-5) :

- ½ cup **French beans**, chopped
- ½ cup **carrots**, diced
- ½ cup **lauki (bottle gourd)**, cubed
- ½ cup **ash gourd**, cubed
- ½ cup **pumpkin**, cubed
- ½ cup **ridge gourd**, sliced

Base Gravy :

- 1½ tbsp **cold-pressed sesame or coconut oil**
- 1 tsp **cumin seeds**
- 1 inch **grated ginger**
- 2 medium **deseeded tomatoes**, chopped
- ½ tsp **turmeric powder**
- 1 tsp **coriander powder**
- ½ tsp **jeera (cumin) powder**
- A pinch of **red chilli powder** (optional)
- 1 tsp **crushed kasuri methi** (optional but adds aroma)
- Salt to taste

- Chopped **coriander leaves** for garnish

▢ Method :

1. Heat oil in a kadai. Add cumin seeds and let them splutter.
2. Add grated ginger, then the deseeded tomatoes. Cook until soft and pulpy.
3. Add turmeric, coriander, jeera, and chilli powders. Sauté until aromatic.
4. Add chopped vegetables. Sauté pour 1-2 minutes.
5. Add ½ cup water, cover, and cook on low heat till veggies are tender but not mushy.
6. Sprinkle kasuri methi and mix gently.
7. Adjust salt, garnish with fresh coriander, and serve hot.

▢ Ayurvedic Benefits

1. **Turmeric and cumin** soothe digestion and reduce inflammation.
2. **Bottle gourd, ridge gourd, and ash gourd** are cooling and pacifying [pitta](#).
3. **No tamasic ingredients** like onion, garlic, capsicum — making it ideal for pranic clarity.
4. Supports **agni** (digestive fire) without overheating the system.

▢ Pro Tips from the Indian Kitchen

- Always use ripe, deseeded tomatoes to reduce acidity.
- Cook dense veggies like pumpkin and ash gourd longer, add soft ones like ridge gourd later.
- Avoid overcrowding with too many veggies. 3-5 is ideal.
- A few drops of cold-pressed coconut oil at the end gives a rich finish.

♥ Why We Love Sattvic Veg Kadai

- Light on the tummy yet flavourful
- Fully customizable with available sattvic vegetables
- No rajasic or tamasic heaviness
- Nourishing and grounding for the body and mind

▢ Ideal For

- Detox diets or Ayurvedic meal routines
- Sattvic fasting days

- Dinner with phulkas or lightly spiced rice
- Post-festive food reset
- Daily meals during yoga or meditation retreats

