

Tindora, also known as ivy gourd or *kovakkai*, often finds its way into stir-fries — but in this version, we transform it into a gentle, nourishing curry. Made with minimal spices, this dish supports digestion while delivering a deliciously creamy texture.

What Is Tindora Tadka?

A Indian style curry made with sliced tindora simmered in a light tomato-coconut or onion-tomato base, gently spiced and cooked till tender. It's wholesome, sattvic, and naturally sweet with the earthy flavor of tindora.

How to Make Tindora Tadka : The Traditional Way

▣ INGREDIENTS

Main Ingredients :

- 1½ cups **thinly sliced tindora (ivy gourd)**
- 1 medium **tomato**, deseeded and finely chopped
- 1 tbsp **grated fresh coconut** (or coconut paste)
- 1 tbsp **cold-pressed coconut or sesame oil**
- ½ tsp **turmeric powder**
- Salt to taste
- 1½ to 2 cups **water**

Tempering (Tadka) :

- ½ tsp **mustard seeds**
- ½ tsp **jeera (cumin seeds)**
- 1 tsp **grated ginger**
- A pinch of **hing (optional)**
- 1-2 dry **round red chillies** (broken)

Optional Masala :

- ½ tsp **coriander powder**
- ¼ tsp **jeera powder**

- A pinch of **red chilli powder**
- Fresh **coriander leaves** for garnish

▢ Method :

1. **Heat oil** in a kadai. Add mustard seeds, let them splutter.
2. Add cumin, hing, dry red chillies, and grated ginger.
3. Toss in the sliced tindora and sauté for 2–3 minutes.
4. Add turmeric, salt, and chopped tomato. Cook till tomato softens.
5. Mix in coriander powder, jeera powder, and optional chilli powder.
6. Pour in 1½ to 2 cups of water and simmer covered for 10–12 minutes, until tindora is tender.
7. Add coconut paste and let it simmer for another 2–3 minutes.
8. Garnish with fresh coriander leaves and serve warm.

▢ Ayurvedic Benefits

1. Tindora is **cooling**, mildly astringent, and supports **blood sugar balance**.
2. It is **kapha-pitta balancing**.
3. Coconut and cumin promote smooth digestion.
4. No garlic or onions — perfect for sattvic meals.

▢ Pro Tips from the Indian Kitchen

- Slice tindora evenly for uniform cooking.
- For a richer texture, blend the coconut with a bit of warm water.
- You can add 1 tsp roasted gram dal powder for a thicker gravy.
- Cook on low flame to avoid curdling if adding coconut milk instead of paste.

♥ Why We Love Tindora Tadka

- A different take on tindora — not the usual stir-fry
- Balanced and light, yet filling
- Comfort food with a subtle twist
- Great for all ages and body types

▢ Ideal For

- Everyday lunch or dinner with rice, roti, or millets
- Sattvic or post-fasting days

- Diabetic-friendly thalis
- Kids and elders needing soft, digestible meals

