

**Recipe**  
**Ambda**

**By**  
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## Ingredients

- 3 Tbsp ghee/oil
- 2 dry red chili
- ½ Tsp fenugreek seeds
- ½ Tsp yellow asafetida powder
- 5-6 ambda, cut in chunks
- 1 Tsp turmeric powder
- 1 Tsp salt

## Preparation

1. Heat oil in a pan over moderate heat. Drop the chili and sauté until it darkens a bit. Add fenugreek seeds and asafetida and quickly add the ambda chunks.
2. Add turmeric powder and salt and cook partially covered over low heat until the vegetable is tender.

\*\* The image of Ambda is shown below. It is a sour tasting, green skinned vegetable, having a single big seed inside, resembling in many ways to Indian Gooseberry (Amla). It generally grows in hot weather places.



## Serves

4

For further details please contact

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