

Kakora Vegetable Recipe (Kantola Sabji)

Kantola Ki Sabji is an easy seasonal Indian vegetable recipe made with onion, tomato and simple spices. Also known as Kakora or Spiny Gourd, this delicious dry sabzi pairs perfectly with roti, paratha or dal rice.



Prep time
15 minutes

Cook time
20 minutes

Total time
35 minutes

Servings
4

Calories
150 kcal

Ingredients

Kantola / Kakora	500 g
Oil	2 tbsp
Cumin seeds	¼ tsp
Fennel seeds	¼ tsp
Nigella seeds (Kalonji)	¼ tsp
Onion	1 medium
Green chillies	3-4
Turmeric powder	1 tsp
Kashmiri red chilli powder	½ tsp
Coriander powder	1 tsp

Sabzi masala	1 tsp
Salt	To taste
Tomato	1 medium

Method

1. Wash the Kantola Thoroughly

Take 500 grams of fresh Kantola. Wash them thoroughly with clean water three to four times. Kantola has small spine-like projections on its outer surface. Dirt can sometimes remain between them. Therefore, washing the vegetable properly before cutting is important. Drain the excess water once the Kantola is clean.

2. Cut the Kantola

Now cut the washed Kantola into pieces. Try to keep the pieces approximately the same size. Similar-sized pieces cook more evenly. Keep the chopped Kantola aside while you prepare the tempering.

3. Prepare the Tempering

Place a kadai or pan over medium heat. Add approximately two tablespoons of oil and allow it to heat. Once the oil is hot, add ¼ teaspoon cumin seeds. Next, add ¼ teaspoon fennel seeds and ¼ teaspoon nigella seeds. Allow the whole spices to crackle for a few seconds. This simple tempering gives the Kantola Ki Sabji a wonderful aroma.

4. Sauté the Onion and Green Chillies

Add one medium-sized chopped onion to the pan. Then add three to four chopped green chillies. Sauté them over medium heat until the onion starts changing color. There is no need to make the onion very dark or brown.

5. Add the Spices

Lower the heat slightly before adding the powdered spices. Add one teaspoon turmeric powder, half a teaspoon Kashmiri red chilli powder, one teaspoon coriander powder and one teaspoon sabzi masala. Mix everything well with the onion. This Kantola Ki Sabji Recipe does not require a large amount of spices. Keeping the seasoning simple allows the natural flavor of Kantola to remain noticeable.

6. Add the Chopped Kantola

Now add all the chopped Kantola to the pan. Mix everything thoroughly so that the spices coat the Kantola pieces evenly. Add salt according to your taste. Mix once again until the salt and spices are well distributed.

7. Cover and Cook

Cover the kadai with a lid. Let the Kantola cook over low heat for approximately 4–5 minutes. Check the sabzi once during cooking and gently stir it. After a few minutes, the Kantola should start becoming slightly softer. Avoid cooking continuously over very high heat. Slow cooking helps the vegetable cook more evenly.

8. Add the Tomato

Once the Kantola has softened slightly, add one medium-sized chopped tomato. Mix the tomato thoroughly with the Kantola and spices. We are adding the tomato at this stage instead of at the beginning. This gives the Kantola some time to soften before the tomato is incorporated into the dish.

9. Cook for Another 4–5 Minutes

Cover the pan again and cook the Kantola Ki Sabji over low heat for another 4–5 minutes. During this time, the tomato will become soft and mix with the spices. The Kantola will also continue cooking. Check the sabzi and stir gently if necessary. Once the Kantola is soft and the masala coats the pieces nicely, turn off the heat.

10. Serve Kantola Ki Sabji

Your delicious homemade Kantola Ki Sabji Recipe is now ready to serve. Serve it hot with roti or paratha. You can also pair this dry sabzi with dal and steamed rice for a complete homemade Indian meal.

Chef tips

- Always wash the Kantola thoroughly before cutting it. Dirt may remain around its textured outer surface.
- Keep the heat low to medium while cooking. Very high heat may cook the outside too quickly while the inside remains firm.
- Cook the sabzi covered over low heat. Check and stir it occasionally so that it doesn't stick to the bottom of the pan.
- You normally don't need to add water to this dry sabzi. However, if the mixture becomes too dry before the Kantola is cooked, you can add a very small amount if necessary.

Full recipe: <https://meenrazcooking.com/en/recipe/kantola-ki-sabji-recipe/>

Watch the video: [youtube.com/watch?v=j4hkqAyU_wY](https://www.youtube.com/watch?v=j4hkqAyU_wY)