

Sautéed Tomato, Onion, and Bottle Gourd Medley

A flavorful and nutritious medley of tomato, onion, and bottle gourd, cooked to perfection.


20 min

Total time

Easy

Difficulty

120

kcal / serving

Ingredients

- 1 small onion
- 1 tomato
- 1/2 bottle gourd
- 1 tablespoon olive oil
- Salt and pepper to taste

Steps

- 1 Heat olive oil in a pan over medium heat.
- 2 Add chopped onion and sauté until translucent.
- 3 Stir in diced tomato and cook until softened.
- 4 Add sliced bottle gourd and season with salt and pepper.
- 5 Cover and cook until the bottle gourd is tender.
- 6 Serve hot as a side dish or over rice.