

**Recipe- Lauki Kofta Curry  
(Jain Style/ No Onion No  
Garlic) (No fry Kofta)**

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**Recipe- Besan Methi Mathri**

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**Recipe- Besani Mirch**

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**Recipe- Punjabi Kadhi Pakoda  
(No Fry) (No Onion No Garlic)**