DietCloud – Recipe

Recipe Name: Karela Aur Baingan Ki Sabzi Recipe - Bitter Gourd Brinjal Sabzi

Diet Type:

Course: Lunch

Cuisine: North Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1 Karela (Bitter Gourd/ Pavakkai) - wash	3
• 6 Brinjal (Baingan / Eggplant) - thinly sliced	
• 1 Onion - chopped	
• 1/2 teaspoon Mustard seeds	
• 1/2 teaspoon Cumin seeds (Jeera)	
• 1/2 teaspoon Methi Seeds (Fenugreek Seeds)	
• 1/4 teaspoon Turmeric powder (Haldi)	
• 1/2 teaspoon Red Chilli powder	
• 1 teaspoon Amchur (Dry Mango Powder)	
• Salt - to taste	
• 2 tablespoons Sunflower Oil	

Preparation

• To begin making the Karela Aur Baingan Ki Sabzi Recipe, wash the bitter gourd, scrape the skin slightly and cut into thin circles.
• Remove the seed and white skin at center.
• Wash, cut the brinjal into thin slices and keep immersed in salted water to prevent discoloration.
• Heat oil in a heavy bottomed pan.
• Add the bitter gourd slices to oil and fry on medium flame until it turns darker color and shrinks a little.
• This is done to remove bitterness.
• Remove the fried bitter gourd from oil and keep it aside.
• Add the chopped brinjal to the same oil and cook until it turns soft and changes color.
• Remove from oil and keep it aside.
• To the same oil in pan, add mustard seeds, cumin seeds and fenugreek seeds.
• Once it splutters, add chopped onion and saute until translucent.
• After the onions are translucent, add turmeric powder, red chilli powder and dry mango powder.

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- Mix well and cook for about 2 to 3 minutes.
- Now add both the cooked veggies along with salt to taste and very little water.
- Saute well and cook for 5 minutes until combined.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)