

Recipe Name: Karela Dahi Puri Recipe - A Chatpata Chaat Made From Bitter Gourd

Diet Type:

Course: Snack

Cuisine: Indian

Quantity:



Ingredients

Ingredient	Quantity
• 4 Karela (Bitter Gourd/ Pavakkai) - sliced into rounds	2
• 2 teaspoons Coriander Powder (Dhania)	
• 1 teaspoon Red Chilli powder - (adjust)	
• 1 pinch Asafoetida (hing)	
• 1/4 cup Gram flour (besan)	
• 1 teaspoon Black Salt (Kala Namak) - (adjust to taste)	
• Sunflower Oil - as needed	
• 1/4 cup Hung Curd (Greek Yogurt)	
• 1 teaspoon Chaat Masala Powder	
• 1 tablespoon Sweet Chutney (Date & Tamarind)	
• 1/2 cup Sev	
• 1/4 cup Aloo Bhujia - (optional)	
• Dates - few	
• Coriander (Dhania) Leaves - small bunch	

Preparation

- To begin making Karela Dahi Puri Recipe, heat about 2 cups of water in a saucepan and add all the sliced bitter gourd in it and boil for about 2 minutes or until semi cooked.
- Strain the karela slices out of water and keep aside.
- In a mixing bowl, add the gr.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
250	10	35	10	5	10