

Recipe Name: Crispy Vegetable Recipe - Crispy Bhujia
Diet Type: Vegetarian
Course: Lunch
Cuisine: North Indian Recipes
Quantity: 1 cup



Ingredients

Ingredient	Quantity
• 4 Karela (Bitter Gourd/ Pavakkai) - cut into thin strips	4
• 1 teaspoon Salt - or to taste	
• 1 tablespoon Mustard oil	
• 1 tablespoon Fennel seeds (Saunf)	
• 1 teaspoon Turmeric powder (Haldi)	
• 1 tablespoon Coriander Powder (Dhania)	
• 1 teaspoon Red Chilli powder - or to taste	
• 2 teaspoons Amchur (Dry Mango Powder)	

Preparation

- To begin making the Kurkure Karela Sabzi Recipe, wash Karela thoroughly, peel the skin using a peeler and cut the karela into thin strips.
- Remove the seeds if any.
- In the mixing bowl, combine the thin karela strips and the peels, add salt and give it a goo.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
250	5	30	15	2	2