

Recipe Name: Bengali Pitol Bhaj Recipe-Bengali Steel Parwal Sabzi

Diet Type:

Course: Side Dish

Cuisine: Bengali Recipes

Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 250 grams Pointed gourd (Parwal)	3
• 1/2 cup Mustard oil	
• 1 teaspoon Turmeric powder (Haldi)	
• Salt - to taste	

Preparation

- To begin making the Bengali Pitol Bhaja recipe, wash and pat dry parwal well.
- Slit into half length wise and keep aside.
- In a bowl, add salt and turmeric powder, mix well.
- Generously rub the turmeric salt mixture all over the parwal and keep aside.
- Heat mustard oil in a pan.
- Once the oil is hot add the parwal and saute parwal until browned on all side.
- Transfer Bengali Pitol Bhaja into a serving bowl and serve hot.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
150	3	20	7	5	4