

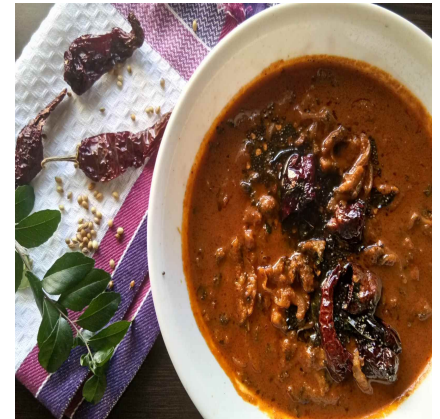
**Recipe Name:** Pavakka Theeyal Recipe - Spicy & Tangy Karela In Tamarind Gravy

**Diet Type:**

**Course:** Lunch

**Cuisine:** Tamil Nadu

**Quantity:**



## Ingredients

| Ingredient                                | Quantity |
|-------------------------------------------|----------|
| • 2 Karela (Bitter Gourd/ Pavakkai)       | 3        |
| • 2 Onions                                |          |
| • 1/4 cup Tamarind Water                  |          |
| • 1/2 cups Water                          |          |
| • 1 teaspoon Jaggery                      |          |
| • 1 tablespoons Sunflower Oil             |          |
| • Salt - to taste                         |          |
| • 1 cup Fresh coconut                     |          |
| • 1/2 teaspoon Turmeric powder (Haldi)    |          |
| • 2 tablespoons Coriander (Dhania) Seeds  |          |
| • 6 Dry Red Chillies                      |          |
| • Methi Seeds (Fenugreek Seeds) - a pinch |          |
| • 3 Whole Black Peppercorns               |          |
| • 5 Curry leaves                          |          |
| • 1 tablespoon Coconut Oil                |          |
| • 1 teaspoon Sunflower Oil                |          |
| • 1 teaspoon Mustard seeds                |          |
| • 8 Curry leaves                          |          |
| • 2 Dry Red Chillies                      |          |

## Preparation

• To begin making the Pavakka Theeyal recipe, firstly cut the bitter gourds into semi circles and soak them in required salt water.

• Then reduce the flame and add turmeric, fenugreek seeds, peppercorns and curry leaves.



- Let it cook for 1 more minute.
  - After a minute, add coconut oil and switch off the heat.
  - Add this gravy mixture into a grinder, add a little water and grind it into a smooth paste.
  - Heat some more oil the same pan and add the cut bitter gourd.
  - Stir fry them till the bitter gourd roundels become crispy.
  - Once the bitter gourd becomes crispy, add onions and cook them till they turn soft and brown.
  - Add the grounded curry paste, tamarind juice, jaggery and 1-1/2 cups water.
  - Mix everything properly.
- 
- Once it is ready, switch off the heat.
  - Next, to make the tadka for curry, heat oil in a tadka pan.
  - When the oil is hot, add mustard seeds, curry leaves and dry red chillies.
  - Let it cook for about 30 seconds and add it to the curry.
  - Give it a mix and it is ready to be served.
- 
- You can also pack it in your Lunch box.

## Macronutrients

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