

Recipe Name: Bharwa Karela With Sweet Potato Filling Recipe

Diet Type:

Course: Appetizer

Cuisine: Indian

Quantity:



Ingredients

Ingredient	Quantity
• 5 Karela (Bitter Gourd/ Pavakkai)	4
• 2 Sweet Potatoes - boiled	
• 2 Tomatoes - chopped	
• 1 inch Ginger - chopped	
• 1 Green Chillies	
• 1/4 teaspoon Turmeric powder (Haldi)	
• 1/2 teaspoon Red Chilli powder	
• 1 teaspoon Garam masala powder	
• 1 teaspoon Chaat Masala Powder	
• Salt - as needed	
• Sunflower Oil - to cook	

Preparation

- To begin making the Bharwa Karela with Sweet Potato Filling Recipe, first peel the karelas/bitter gourd.
- Rinse off with salt and turmeric to remove the bitterness.
- Let it rest for 20-25 minutes.
- Now cut the bitter gourd into three equal portions.
- Scoop out and discard seeds and pulp to fill the sweet potato masala.
- Then to prepare the sweet potato masala.
- Pressure cook the peeled sweet potato in a pressure cooker with 1 cup of water and cook for 3 whistle.
- Heat a skillet with oil, add ginger and allow it to soften for few seconds.
- Add chopped tomatoes and green chilies and sprinkle with salt.
- Allow the tomatoes turn mushy.
- Add turmeric powder, red chili powder, chat masala, garam masala and salt.



- Mix everything to be incorporated well.
- Cook for at least 2 minutes until the raw smell goes and you can add cooked sweet potato and mix everything up.
- Now fill the karelas with potato masala filling tightly.

Macronutrients

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