DietCloud – Recipe

Recipe Name: Masala Karela Recipe

Diet Type:

Course: Side Dish

Cuisine: Indian

Quantity:



Description

Masala Karela is a flavorful Indian dish featuring bitter gourds (karela) stuffed with a spicy, aromatic mixture of onions, gram flour, and a blend of traditional spices like turmeric, chili, cumin, coriander, and dry mango powder. The gourds are typically pre-treated to reduce bitterness, then pan-fried or shallow-fried until tender and the stuffing is cooked through. This robust dish is often served as a side with roti, paratha, or rice.
[PROS]
- Bitter gourd is known to help regulate blood sugar levels.
- Rich in dietary fiber, aiding digestion and promoting satiety.
- Loaded with vitamins (C, A) and minerals, contributing to overall health.
- Spices like turmeric and cumin offer anti-inflammatory and antioxidant benefits.
[CONS]
- The inherent bitterness of karela can be unappealing to some palates despite pre-treatment.
- Preparation often involves frying, which can increase the calorie and fat content if excessive oil is used.
[DIETITIAN REVIEW]
Masala Karela is a nutritionally dense dish, particularly due to the star ingredient, bitter gourd, and the potent spices. It offers excellent digestive and glycemic benefits. While a fantastic source of fiber and micronutrients, mindful cooking with less oil or alternative methods like air-frying can enhance its health profile. Score: 8/10

Ingredients

Ingredient	Quantity
• Karela (Bitter Gourd/ Pavakkai)	6 (deseeded)
• Salt	to taste
• Onion	1 (thinly sliced)
• Gram flour (besan)	3 tablespoon
• Turmeric powder (Haldi)	2 teaspoons
• Red Chilli powder	1 tablespoon
• Cumin seeds (Jeera)	2 teaspoons
• Coriander Powder (Dhania)	1 tablespoon

• Amchur (Dry Mango Powder)	1 tablespoon

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• Sunflower Oil	as required

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Preparation

• 1.
• Wash the deseeded karela and rub them generously with salt.
• Let them sit for at least 30 minutes to an hour to draw out some bitterness.
• Squeeze out the bitter liquid and rinse them thoroughly under running water, then pat dry.
• 2.
• For the stuffing, heat 1 tablespoon of sunflower oil in a pan.
• Add the thinly sliced onion and sauté until golden brown.
• Add 2 teaspoons of cumin seeds and stir for a minute.
• 3.
• Reduce the heat and add gram flour, 1 teaspoon turmeric powder, red chilli powder, coriander powder, amchur powder, and salt to taste.
• Mix well and cook for 2-3 minutes until aromatic, ensuring the gram flour is well roasted.
• Remove from heat and let it cool slightly.
• 4.
• Carefully stuff the prepared karela with the masala mixture.
• You can secure the opening with a toothpick or kitchen twine if needed, though often not necessary if the opening is small.
• 5.
• Heat the remaining sunflower oil in a wide, heavy-bottomed pan or kadai over medium heat.
• Place the stuffed karela in the pan.
• Cover and cook on low to medium heat, turning occasionally, until the karela are tender and cooked through, and the masala is well roasted and browned, approximately 20-25 minutes.
• 6.
• Serve the hot Masala Karela as a side dish with your favorite Indian bread or rice.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
220	3	30	10	4	6