

Recipe:

BITTER MELON STIR-FRY

Date:

Total Yield	Diet Type				
6 -8 Servings	<input checked="" type="checkbox"/> GENERAL	<input checked="" type="checkbox"/> GLUTEN-FREE	<input checked="" type="checkbox"/> VEGAN	<input checked="" type="checkbox"/> KETO	<input type="radio"/> OTHER - Superfood

Ingredients

Bitter melon - 3 med. pcs.

Salt - 2 Tbsp.

Olive oil - 3 Tbsp.

Garlic - 3 cloves chopped

Onion - 1 medium chopped

Tomato - 3 pcs. chopped

Black bean sauce - 3 Tbsp.

Tofu - 1 block

Salt and Pepper to taste

Preparations & Cooking

1. Wash the bitter melon and cut it in half lengthwise. Scoop out the pit and seeds. Then slice into half-moon rounds.
2. Place the sliced bitter melon in a bowl. Add the salt. Using one hand, mash the bitter melon and the salt, making sure the salt is fully blended in.
3. Squeeze out the juice and rinse the bitter melon under running water.
4. In a saute pan or wok, if available, heat up the oil and saute the garlic, onion, and tomato until caramelized.
5. Drain the water off the tofu and break into crumbles.
6. Add the tofu and black bean paste into the pan and stir to blend. Cover the pan and let it simmer until the bittermelon is tender.
7. Adjust the taste by adding salt and pepper or any other dried herbs if desired.
8. Best served with steamed rice.

Total Cost:

Prep Time:

Cook Time:

15 minutes

15 minutes