Indian Bitter Melon/Bitter Gourd in Air Fryer

Bitter gourd is a vegetable with lots of medicinal properties commonly used in India. It is known by the name Karela in North India, Pavakka/kaypakka in southern state of Kerala. Of all the vegetables I have tried air frying I found bitter gourd to be the best when air fried! Add some freshly sliced coconut and it is super yummy!

Ingredients

Bitter gourd 4

Turmeric powder ½ tsp

Red chili powder 1 tsp

Salt 1 tsp or as needed

Coconut slices of 1 inch size 2 cups

Curry leaves few sprigs

Olive oil or coconut oil 1 tbsp

Cooking Spray for greasing the air fryer tray

Method

Cut the bitter gourd into thin round slices. Discard the seeds. Place the cut bitter gourd in a deep bowl. Add the turmeric, chili powder, salt and oil and mix well. Spritz the air fryer tray with cooking spray. Using air fry option, fry the bitter gourd at 380 deg f for about 20 to 25 minutes. Pause the air fryer and shake the tray and shuffle the bitter gourd every 5 minutes. During the last 5 minutes add the curry leaves and coconut slices. Continue air frying till the time is done or till bitter gourd is fried well and turned brown! Take care not to over fry and burn the coconut slices. The vegetable is served as a side dish with rice and curry.