



Bharela Karela

Cooking Time _____

On2Cook: 4:00 mins Normal Cooking: 15 mins

Accessories: Pan Honeycomb (Non-Stick), Silicone Stirrer

Ingredients _____

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|--------|-------------------------------------|
| 244 g | Oil & Tadka |
| | 30 g Oil, 2 g Cumin Seeds, 1 g Hing |
| | 5 g Ginger, 5 g Green Chilli |
| | 1 g Curry Leaves, 100 g Onion |
| | 100 g Tomato |
| 206 g | Boiled Stuffed Karela & Spices |
| | 200 g Fresh Karela, 2 g Coriander |
| | 1 g Red Chilli Powder |
| | 1 g Garam Masala |
| | 1 g Turmeric Powder |
| | 1 g Kashmiri Chilli Powder |
| 181 g | Roasted Stuffing For Karela |
| | 80 g Roasted Peanut |
| | 30 g White Sesame Seeds |
| | 15 g Roasted Chana, 15 g Oil |
| | 3 g Coriander Powder |
| | 2 g Cumin Powder |
| | 2 g Red Chilli Powder |
| | 2 g Garam Masala, 5 g Lemon Juice |
| | 5 g Sugar, 2 g Salt |
| | 20 g Coconut Powder |
| 100 ml | Water (Auto) |

Total Output:
400 G