



Bharela Karela

Cooking Time

On2Cook: 4:00 mins Normal Cooking: 15 mins

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

Ingredients

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