

# (Bitter Gourd Dal, Bitter Melon Dal, Karela Daal)

Yield: 4 min  
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-bitter-melon-recipe-instant-pot>

## Ingredients:

- 5 bitter melon
- dhal Toor, or Moong Dal - 1 cup
- 1 teaspoon turmeric powder
- 3/4 cup tamarind juice
- jaggery powder - 2 to 3 tsp
- 1 cup coconut
- 1 onion
- 2 tomatoes
- 1 handful coriander leaves
- salt as necessary
- 2 tablespoons sunflower oil
- 1 teaspoon mustard seeds
- 1 teaspoon cumin seeds
- 1 teaspoon channa dal
- 1 teaspoon dal
- 3 green chilies
- 4 dry red chilies
- 10 curry leaf
- asafoetida or Hing - 1 tsp