

# Bharwa Karela / Raw Mango Stuffed Bitter Gourd

Yield: 2 min  
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/karela-recipe-indian-style>

## Ingredients:

- 7 karela baby, or 4 medium sized karela
- 2 tablespoons turmeric powder
- 2 tablespoons salt
- 1/2 cup onion sliced
- 3 cloves garlic
- 2 centimeters ginger
- 1/2 cup mango peeled, grated
- 2 teaspoons amchur /Dry mango powder Only if raw mango is not used
- 1/4 cup coriander leaves minced
- 2 teaspoons coriander seeds Only if fresh coriander leaves are not used
- 1/2 teaspoon fennel / saunf seeds
- 1 tablespoon sunflower oil or Mustard oil as per preference
- 1 teaspoon cumin / Jeera seeds
- 1/2 teaspoon nigella / Kalonji seeds
- mango Ground onion, paste as per list above
- 1/2 teaspoon turmeric powder
- 1/2 teaspoon chili powder
- 1/2 teaspoon salt or To taste
- 3 tablespoons sunflower oil or Mustard oil as per preference