

Lemon-Bitter Gourd Stir-Fry

A refreshing and slightly tangy stir-fry that balances the bitterness of bitter melon with zesty lemon. This dish is healthy and light, perfect for a solo meal or as a side dish.


15 min

Total time

easy

Difficulty

80

kcal / serving

Ingredients

- 1 medium bitter melon, sliced thinly
- 1 tablespoon olive oil
- 1/2 teaspoon turmeric powder
- 1/2 teaspoon chili flakes
- Juice of 1/2 lemon
- Salt to taste
- Fresh coriander for garnish

Steps

- 1 Heat olive oil in a pan over medium heat.
- 2 Add the sliced bitter melon and sauté for about 5 minutes until tender.
- 3 Sprinkle turmeric powder and chili flakes, stirring well.
- 4 Squeeze the juice of half a lemon over the mixture, and season with salt to taste.
- 5 Cook for an additional 2 minutes, allowing the flavors to meld.
- 6 Garnish with fresh coriander before serving.