



Altertrade Philippines Inc.

HEALTHY FOOD Recipes

Sauteed Bitter Gourd

🔪 Prep time: 15 mins
🕒 Cook time: 20 mins
🕒 Total time: 35 mins
🍴 Serves: 3

Ingredients

1 medium (ampalaya) bitter gourd, cut in half lengthwise, cored, and sliced into thin pieces
8 to 10 pieces shrimp
2 eggs beaten
1 medium tomato cut into cubes
1 small onion sliced
4 cloves garlic crushed and chopped
3 tablespoons olive oil or any cooking oil
Salt and pepper to taste

Instructions

1. Combine ampalaya and 1 tablespoon salt. Mix well. Let it stay for 15 minutes. Rinse with water.
2. Heat the cooking oil in a pan.
3. Once the oil gets hot, add the garlic. Saute until the color turns light brown.
4. Add the onion and tomato. Saute until the texture turns soft.
5. Add the shrimp. Stir and cook for 2 minutes.
6. Stir-in the ampalaya. Cook for 3 to 5 minutes. Add salt and pepper to taste.
7. Make extra room in the pan by pushing the mixture on the side. Pour the beaten eggs in the pan.
8. Continue to cook the eggs while trying to stir around.
9. Mix the cooked egg with the rest of the ingredients. Cook for a minute.
10. Transfer to a serving plate. Serve.

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