



CARILIE (BITTER MELON) AND EGG STIR-FRY

This is a quick, savory, and healthy dish that's popular in many Trinidadian kitchens. The soft, creamy scrambled eggs perfectly balance the bold, bitter flavour of the Carilie, making it much more mellow and enjoyable. The key to a great stir-fry is in the preparation of the melon to reduce its bitterness.

 15 minutes 25 minutes 5 ozs

INGREDIENTS

- 2 balsam-pears of balsam-pear (bitter gourd), pods, raw [248 g]
- 3 small units of egg, whole, raw, fresh [114 g]
- 1 unit of onions, sweet, raw [331 g]
- 3 cloves of garlic, raw [9 g]
- 2 whole units of pimentos [132 g]
- 1 tablespoon of oil, olive, salad or cooking [14 g]
- 1 dash of salt, table [0 g]
- 1 dash of spices, pepper, black [0 g]

COOKING METHOD

- 1° Wash the Carilie well. Slice it in half lengthwise.
- 2° Use a spoon to scrape out some of the white pith and seeds from the center. This is where the healing is located so removing all wont work. ONLY SOME.
- 3° Slice the green part of the Carilie into thin, half-moon shapes [about 1/4 inch thick].
- 4° Crack the eggs into a small bowl, add a pinch of salt and pepper, and whisk lightly.
- 5° Heat 1/2 tablespoon of oil in a wok or large frying pan over medium-high heat.
- 6° Pour in the eggs and gently scramble them until they are just cooked but still soft. Remove the eggs from the pan and set them aside on a plate.
- 7° Add the remaining 1/2 tablespoon of oil to the same pan.
- 8° Add the sliced onion, minced garlic, and chopped pimento pepper. Sauté for about 2 minutes until the onion is soft and the mixture is fragrant.
- 9° Turn the heat up to high. Add the prepared Carilie slices to the pan. Stir-fry for 3-5 minutes, until the slices are tender but still have a slight crunch.
- 10° Return the scrambled eggs to the pan with the Carilie.
- 11° Toss everything together gently for about 1 minute to combine all the flavours.
- 12° Taste and add more salt or black pepper if needed.
- 13° Serve immediately.

NUTRITIONAL INFORMATION

	PER 100 g	PER OZ (170 g)	% DRI
ENERGY	56 kcal	95 kcal	5 %
FAT	3 g	5 g	8 %
FATTY ACIDS, TOTAL SATURATED	1 g	1 g	5 %
CHOLESTEROL	50 mg	85 mg	28 %
SODIUM	44 mg	75 mg	3 %
CARBOHYDRATE	5 g	9 g	3 %
SUGARS	2 g	4 g	—
FIBER	1 g	3 g	10 %
PROTEIN	3 g	4 g	—