



Bitter Melon and Egg Stir Fry



Serving

3



Prep

10 Minutes



Cook

15 Minutes



Contributer

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- 2 cups Bitter melon, seed removed, sliced
- 2 Large eggs
- 2 Garlic cloves, minced
- 1 tbsp Green onion, chopped
- 2 tsp Fish sauce or broth powder
- 1 tsp Sugar
- ¼ tsp Black pepper
- 1 tbsp Olive oil

1. In a pan, heat up olive oil on medium heat. Add minced garlic and sauté until fragrant, about 1 minute.
2. Add the sliced bitter melon and sauté for 5-6 minutes on medium heat until softened.
3. In a bowl, whisk the eggs until the yolk and the white are combined. Add the beaten egg into the sautéed melon and stir to coat evenly.
4. Season with fish sauce (or chicken powder) and sugar and sauté the bitter melon and egg mixture for another 2-3 minutes until the egg is cooked. Stir in the chopped green onion and turn off the heat. Add black pepper to taste.

Tips:

- Cut the bitter melon in half lengthwise and use a spoon to scoop out the seeds.
- Rub the flesh of the melon with salt and sugar to reduce the bitterness and rinse with water.
- Substitute with opo squash, zucchini, or chayote if you don't like the bitter taste.



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