

Bittergourd Masala Rice Recipe / Pavakkai Sadham / Bittergourd Recipe

*Pavakkai
Sadham*



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Bittergourd masala rice recipe / Pavakkai Sadham / Karela Rice

is a simple and tasty one pot meal that can be made very quickly. This rice is very flavorful because of spices added to it like coriander seeds, clove, cinnamon, cardamom, bengal gram, urad dal and red chilies. I love bittergourd so nowadays am trying a lot of recipes with bittergourd. Bittergourd are very good for our health and it cures and prevents a lot of diseases like respiratory disorders, cancer, diabetes, constipation, kidney diseases and heart diseases. Try to include bittergourd twice a month to stay healthy. If you are a bittergourd fan like me ☐, you will love this rice for sure. You can also make this pavakkai sadham to pack for lunch box. Serve this bittergourd rice with appalam and [raita](#).

Also Check my other bittergourd recipes

- [Bittergourd 65](#)
- [Bittergourd Stir Fry](#)

How to make Bittergourd Masala Rice Recipe

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Prep time

10 mins

Cook time

20 mins

Total time

30 mins

Bittergourd masala rice / Pavakkai sadham / Karela Rice is a flavorful one pot meal. Serve this with raita and appalam.

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Recipe type: lunch

Cuisine: Indian

Serves: 2

Ingredients

- 1 Cup of Cooked Basmati Rice
- 2 Bittergourds, Finely Chopped
- 1 Tsp of Oil
- 2 Tsp of Ghee
- 1 Tsp of Mustard Seeds
- 1 Tsp of Cumin Seeds (Jeera)
- Pinch of Asafoetida (Hing)
- Few Curry Leaves
- $\frac{1}{8}$ Tsp of Turmeric Powder
- $\frac{1}{2}$ Onion, Finely Chopped
- 2 Garlic Cloves, Finely Chopped
- Pinch of Sugar or Jaggery
- Salt to taste
- 1.5 Tsp of Lemon Juice or to taste
- To Roast and grind
- 2 Tsp of Coriander Seeds
- 2 Tsp of Chenna Dal (Bengal Gram)
- 2 Tsp of Urad Dal
- 3 Red Chilies
- 2 Tsp of Coconut (grated)
- 1 Clove
- 1 Cinnamon (medium)
- 1 Cardamom
- 5 Cashews

Instructions

1. Heat a pan, dry roast all the ingredients listed under "

to roast " until it turns golden brown. Cool it and grind it to a fine powder.

2. Heat a pan with oil and ghee, add mustard seeds, cumin, curry leaves and asafoetida, after it pops up, add onion and garlic, fry well until it turns golden brown.
3. Add bittergourd pieces and salt, fry well until it get cooked.
4. Add ground masala powder and turmeric powder, fry well with bittergourd, add little water, sugar and enough salt, mix well. Turn off the stove.
5. Add cooked rice, little oil and lemon juice, gently mix it with fork.
6. Hot, yummy bittergourd masala rice is ready.

Notes

You can also add a tsp of tamarind paste while cooking instead of lemon juice.

Add chopped peanuts in the end while mixing.(optional)

Adding ghee gives a nice taste.

Do not break the rice while mixing

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Bittergourd Masala Rice

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CURRY LEAVES RICE / KARUVEPPILAI SADAM



Curry leaves rice / karuveppilai sadham / Karivepaku Annam – a simple and flavorful rice dish. Nothing can beat the flavour of curry leaves when you add them in hot oil. This is my mom's recipe. My mom makes lots of variety rice dishes. During school and college days, everyday I take different rice dishes for lunch box. It was a big hit and favourite among friends.

Most of us don't know the medicinal value of curry leaves, they just throw the leaf from food. Try to include this herb

in your regular diet especially it is very good for women's health, because it keeps your uterus healthy and taking curry leaf everyday will get rids of all women's problems like irregular periods and infertility problems.

Making curry leaves rice is very easy and even bachelors can make it. Also you can make this karuveppilai sadham to pack for lunch box for kids and adults. Kids will also love this rice because of its green colour.

Are you breaking your head daily and thinking what to pack for your husband and kid..Then try this easy curry leaves rice recipe.

Curry leaves rice goes well with any vegetable fry like [potato fry](#) or [yam fry](#).

Health benefits of Curry Leaves

- Helps to keep anaemia at bay.
- Fights diabetes.
- lowers cholesterol.
- Improves digestion.
- Prevents greying of hair.

Preparation Time : 10 mins Cooking Time : 20 mins Serves : 2

Ingredients For Curry Leaves Rice

- 2 Cups of Cooked Rice
- 1 Handful of Curry Leaves
- 1 Tsp of Ghee
- Salt as required

To Fry and Grind

- 2 Tsp of Oil

- 1 Clove (Small)
- 1 Cinnamon (Small)
- 2 Red Chilies
- 1/2 Tsp of Black Pepper
- 1/2 Tsp of Cumin
- 2 Tbsp of Coconut (Grated)
- 6 Cashews Nuts
- 2 Tbsp of Urad Dal

To Temper

- 2 Tsp of Gingelly Oil or any cooking oil
- 1 Tsp of Mustard
- Pinch of Asafoetida (Hing)

Method for karuveppilai sadam

- Heat a pan with oil, roast the curry leaves until all the moisture in the leaves goes off. Keep it aside.
- In the same pan, fry all the ingredients listed under "To fry and To grind". Once it done, cool down and then grind it along with curry leaves.
- Heat a pan with oil, add mustard seeds, after it crackles, add asafoetida, fry it for few secs and turn off the stove. Add ground curry leaves powder, cooked rice, a tsp of ghee and salt. Gently mix it.
- Flavourful curry leaves is ready to serve.

Tips

- You can also add few garlic while frying.
- Use freshly cooked rice or leftover rice.
- Adding ghee makes rice more flavourful.

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Karuveppilai Sadham

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