



Bitter Melon with Scrambled Eggs and Rice

NIBBLEDISH CONTRIBUTOR

Ingredients

Makes 2-3 servings.

- 1 bitter melon, cut in half and chopped into 6 pieces, with insides scooped out
- 4 cups of water
- 3 eggs
- 3 tsp table salt
- 2 tsp fish sauce
- 3 thai chilis
- 2 tsp olive oil

Instructions

I'm not sure how many people really know about bitter melon (otherwise known as bitter gourd, same thing!). I'd have to be honest and say that, if I had not grown up eating this fruit(?), I would not be such a big fan. There were various ways my family would cook these, but I chose to do the easiest one because I am new to all this. And the easiest way to cook these healthy fruits is with eggs and a dash of salt! (Oh, and you can't forget the fish sauce!)

I can eat these things by itself, but even I can't eat a whole lot of them. Overall, this is a relatively healthy dish (if, uhhh... you take out the fish sauce), and there have been rumors that bitter melon helps offset/fight diabetes if eaten in moderation. Of course, I'd suggest to take it with a grain of salt, but if you don't believe me, there's always google.

Cook Directions:

1. Bring water to boil in a pot, and mix in 2 tsp of salt. When water is boiling, throw in bitter melon and leave to boil for 10 minutes.
2. Whisk eggs.
3. Drain water from bitter melon and chop into smaller pieces. Throw bitter melon into egg.
4. Pour oil into a heated pan (medium-high heat).
5. Pour egg/bitter melon mix into pan slowly. Try not to pour all of it at once.
6. Once eggs are complete, plate over rice and serve with fish sauce and chopped chilis!

I always like to try everything at least once, and I don't think this is as hard as eating... say, a frog heart in sake?