FILIPINO · LUNCH · DINNER

Ginisang Ampalaya (Bitter Melon with Egg and Sardines)

Ginisang ampalaya

25 min · Serves 4 · 355 kcal a serve · Video 7:59 in Filipino · Chef RV Manabat

Pescatarian · Gluten-free ingredients · Dairy-free · Nut-free

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About 27 g protein, 12 g net carbs and 6 g fibre a serve from bitter melon, tomato, egg and sardines, with more than a day's vitamin B12 and omega-3 and no added sugar.

Ingredients 10 · SERVES 4

- [ ] 1 kg **ampalaya** (bitter melon), seeded and sliced
- [ ] **rock salt**, for the soaking water (mostly poured away)
- [ ] **oil** from 1 bottle of Spanish sardines (about 2 tbsp), for sautéing
- [ ] 2 tbsp minced **garlic**
- [ ] 1 **onion**, sliced
- [ ] 3 **tomatoes**, sliced
- [ ] **patis** (fish sauce), to taste (about 1 tbsp)
- [ ] 3 **eggs**, beaten
- [ ] **Spanish-style sardines** in oil, 2 bottles (about 150 g drained fish each)
- [ ] **black pepper**, to taste

Contains: Fish, Egg. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Halve the bitter melons lengthwise, scoop out the seeds and white pith, and slice thinly. 0:31
2. Drop the slices into a bowl of water with rock salt to draw out some bitterness, swish briefly, then move them to a bowl of plain water and drain. 2:08
3. Heat the oil from one sardine bottle in a wok. Sauté the garlic, then the onion, then the tomatoes until soft, and season with a little fish sauce. 3:14
4. Add the bitter melon and toss, then pour in the beaten eggs and stir gently as they set (or cook the eggs first if you like the melon crunchier). 4:30
5. Add one bottle of sardines and black pepper, taste and add a little more fish sauce, then turn off the heat while the bitter melon is still crisp and green. 5:23
6. Serve with the second bottle of sardines arranged on top. 7:50

> **Tip** Serves 4 (our estimate from 1 kg bitter melon). Chef RV says cheap canned sardines in tomato sauce work too. Filipinos eat it with rice; it can also be eaten salad-style.

The method is a summary in our words, in English — the video (in Filipino) shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
355 kcal	27 g	19 g	6.2 g	20 g	840 mg
1,490 kJ	53% of a day	12 g net · 8.9 g sugars	22% of a day	2.9 g saturated	37% of a day
		7% of a day		26% of a day	

Energy from net carbs 14% · protein 32% · fat 54% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 296% · Omega-3 110% · Vitamin C 97% · Selenium 95% · Folate 39% · Zinc 30% · Potassium 28% · Calcium 27% · Vitamin E 26% · Vitamin B6 26% · Iron 22% · Magnesium 22% · Vitamin D 22% · Vitamin K 21%

Source of (10–19%) Vitamin A 15%

Recipe and video: Chef RV Manabat (@chefrvmanabat) on YouTube — youtube.com/watch?v=heE4ndAx23E, published 30 January 2024. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/ginisang-ampalaya-sardines