



# Vegan Goya Chanpuru & How to Prepare Bitter Melon

*Dinner*

**Source:** [cultivatorkitchen.com](http://cultivatorkitchen.com)

## INGREDIENTS

- 1 bitter melon
- 1 block of firm tofu
- 1/4 onion, sliced
- 1/2 red bell pepper, sliced (optional)
- 1 tbsp coconut aminos
- 1 tbsp mirin
- 1 tbsp rice wine vinegar
- 1 tsp sea salt (plus more for brine)
- 1 tsp garlic powder
- 1 tsp onion powder
- sesame seeds to taste

## DIRECTIONS

How to Prepare Bitter Melon

Slice the bitter melon lengthwise and remove the white pith and seeds.

Cut the bitter melon into very thin half-moon slices.

In a small bowl place your bitter melon slices, 1-2 tsp of sea salt and cover with water. Mix lightly and let sit for 10 minutes.

Drain and rinse your bitter melon slices and now it's ready to add to a dish!

For Goya Chanpuru

Add your veggies and bitter melon slices to a non-stick pan on medium high heat, cook for 4-5 minutes.

Crumble tofu into the pan and toss to combine, cook for 1 minute.

Add your spices and stir to combine, cook for 1 minute.

Add your liquids and stir to incorporate, cook for 5 minutes.

Once the tofu is nicely browned, turn off the heat and serve the dish over steamed rice. Enjoy!