DietCloud – Recipe

Recipe Name: Bhindi With Cashews and Coconut Sabzi Recipe

Diet Type:

Course: Lunch

Cuisine: South Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1/2 kg Bhindi (Lady Finger/Okra) - cut to bite size	4
• 4 Garlic	
• 8 Cashew nuts	
• 1-1/2 tablespoon Fresh coconut - grated	
• Curry leaves - few	
• 2 teaspoon Red Chilli powder	
• 1/2 teaspoon Mustard seeds	
• 1/2 teaspoon Cumin seeds (Jeera)	
• 1/2 teaspoon Chana dal (Bengal Gram Dal)	
• 1 Dry Red Chilli	
• 1-1/2 tablespoon Sunflower Oil	

Preparation

- To make Bhindi with Cashews & Coconut Sabzi Recipe, cut ladies finger into small pieces.
- Get prep with the other ingredients as well.
- Take a pan/kadai, add oil, mustard, cumin seeds, channa dhal, dry red chili and garlic.
- Let it get fried.
- Add cashew nuts and cook until they are lightly browned, this would take about 1 -2 minutes only.
- Do not make it completely brown.
- Add bhindi, turmeric, chili powder, salt & curry leaves.
- Keep mixing and cook until okra/bhindi are fried well.
- At this stage, add fresh coconut, mix well and immediately switch off gas.

Macronutrients

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Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)