

Recipe Name: Stuffed Bhindi With Paneer (Recipe In Hindi)

Diet Type: Vegetarian

Course: Lunch

Cuisine: North Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 250 grams Okra (Okra)	2
• Oil - As per use	
• 1 Onion - finely chopped	
• 1 Tomato - Grated	
• 1 teaspoon Ginger - Grated	
• 2 Garlic - Finely chopped	
• 1/2 teaspoon Cumin seeds	
• 1/4 Teaspoon asafoetida	
• salt - as per taste	
• 1 cup of cottage cheese - pinched	
• 1/2 teaspoon coriander powder	
• 1/4 teaspoon mango powder	
• 1/4 teaspoon red chilli powder	
• 1/4 teaspoon turmeric powder	
• salt to taste	

Preparation

- To make Paneer Bharam Bhendi, first wash the lady finger and dry it well.
- After that cut her steams.
- Cut out the seeds, take out the seeds and keep them on the side.
- To make the Bharam Masala, combine the ingredients of Paneer Masala in a bowl.
- Mix well a.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
320	22	10	20	4	2