

**Recipe Name:** Vedakkai Thoran Recipe - Kerala Style Bhindi Stir Fry

**Diet Type:**

**Course:** Lunch

**Cuisine:** Kerala Recipes

**Quantity:**



## Ingredients

| Ingredient                                                                        | Quantity |
|-----------------------------------------------------------------------------------|----------|
| • 500 grams Bhindi (Lady Finger/Okra) - slit into half and cut into 1 inch pieces | 4        |
| • 10 Pearl onions (Sambar Onions) - finely chopped                                |          |
| • 1/4 cup Fresh coconut - grated                                                  |          |
| • 2 Green Chillies - finely chopped                                               |          |
| • 1 sprig Curry leaves                                                            |          |
| • 1/2 teaspoon Mustard seeds                                                      |          |
| • 1/2 teaspoon Turmeric powder (Haldi)                                            |          |
| • Salt - to taste                                                                 |          |
| • Sunflower Oil - for cooking                                                     |          |

## Preparation

- Heat a teaspoon of oil in a heavy bottomed wok/kadai; add the mustard seeds, curry leaves and allow it to crackle.
- Add the chopped onions and saute until.

## Macronutrients

| Calories (kcal) | Protein (g) | Carbs (g) | Fat (g) | Fiber (g) | Sugar (g) |
|-----------------|-------------|-----------|---------|-----------|-----------|
| 120             | 2           | 6         | 8       | 2         | 2         |