

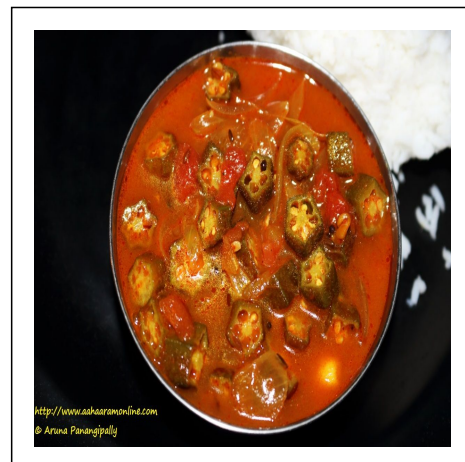
Recipe Name: Andhra Style Bendakaya Charu Recipe - Ladies Finger Rasam

Diet Type:

Course: Lunch

Cuisine: Andhra

Quantity:



Ingredients

Ingredient	Quantity
• 6 Bhindi (Lady Finger/Okra)	4
• 2 Tomato - roughly chopped	
• 6 Pearl onions (Sambar Onions) - quartered	
• 4 Garlic	
• 1 cup Tamarind Water	
• 1 teaspoon Red Chilli powder	
• 1/2 teaspoon Turmeric powder (Haldi)	
• 1/4 teaspoon Asafoetida (hing)	
• 1 teaspoon Coriander Powder (Dhania)	
• 1 teaspoon Sugar	
• Salt - to taste	
• 1 teaspoon Ghee	
• 1/2 teaspoon Mustard seeds	
• 1/2 teaspoon Cumin seeds (Jeera)	
• 1/4 teaspoon Methi Seeds (Fenugreek Seeds)	
• 1 sprig Curry leaves	
• 1 Dry Red Chilli - broken into half	

Preparation

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
120	2	25	2	4	6