

Recipe Name: Kurkuri Bhindi With Spicy Tomato Yogurt Gravy Recipe

Diet Type:

Course: Lunch

Cuisine: North Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 250 grams Bhindi (Lady Finger/Okra) • Sunflower Oil - for deep frying • 2 tablespoons Gram flour (besan) • Salt - as needed • 1/2 teaspoon Red Chilli powder • 1/2 teaspoon Chaat Masala Powder • 1 tablespoon Water • Sunflower Oil - as required • 1/2 teaspoon Mustard seeds • 1/2 teaspoon Cumin seeds (Jeera) • 1/4 teaspoon Asafoetida (hing) • 1 tablespoon Ginger Garlic Paste • 1 to 2 Green Chillies - finely chopped • 1 Onion - thinly sliced • 1/2 cup Curd (Dahi / Yogurt) - whisked • 1 Tomato - finely chopped • 1 teaspoon Red Chilli powder • 1/2 teaspoon Turmeric powder (Haldi) • 1 teaspoon Coriander Powder (Dhania)	4

Preparation

- To begin making the Kurkuri Bhindi With Spicy Tomato Yogurt Gravy, firstly we will make the crispy bhindi.
- Wash the bhindi, make a cut, take out the seeds and then thinly slice all of the bhindis.
- Take a mixing bowl, add the bhindi and all the ingredients m.

Macronutrients



Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	15	35	25	8	10

