

Recipe Name: Vendakka Stew Recipe (Kerala Style Okra Stew)

Diet Type:

Course: Dinner

Cuisine: Kerala Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 500 grams Bhindi (Lady Finger/Okra) - cut into 1 inch pieces	4
• 1 Onion - big	
• 1 Green Chilli - slit	
• 1 cup Coconut milk - thick	
• 2 teaspoons Ginger - grated	
• 1 teaspoon Mustard seeds	
• 1 sprig Curry leaves	
• 1 tablespoon Coconut Oil	
• Salt - to taste	

Preparation

- Heat coconut oil in a pan on medium heat, add the mustard seeds and let it splutter.
- Add the curry leaves and let it splutter.
- Add the sliced onions and.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
220	3	30	10	4	6