

Recipe Name: Bhindi and Capsicum Sabzi Recipe
Diet Type:
Course: Side Dish
Cuisine: North Indian Recipes
Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 200 grams Bhindi (Lady Finger/Okra) - cut into stripes	4
• 2 Green Bell Pepper (Capsicum) - cut diagonally	
• 1 teaspoon Cumin seeds (Jeera)	
• 1 inch Ginger - chopped	
• 1 teaspoon Turmeric powder (Haldi)	
• 1 teaspoon Red Chilli powder	
• 2 teaspoon Coriander Powder (Dhania)	
• 3 tablespoon Fresh coconut - grated	
• Salt - to taste	
• Sunflower Oil	

Preparation

- To begin making the Bhindi & Capsicum Subzi Recipe, heat a kadai with oil, add chopped bhindi, sprinkle with salt and stir fry until they are done.
- The ladies finger will slightly crisp up and become soft.
- Once the ladies finger is crisp and cooked through remove the ladies finger into a bowl and keep aside.
- Add some more oil to the same pan and add sprinkle cumin seeds and allow it to crackle.
- Add bhindi along with all the spice powders and stir fry for few seconds.
- Finally add grated coconut and toss well until it combines and turn off the heat.

Macronutrients



Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
120	3	20	4	6	4

