

Recipe Name: Bhindi Masala Gravy Recipe - Ladies Finger In Tomato Onion Gravy

Diet Type:

Course: Side Dish

Cuisine: North Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 250 grams Bhindi (Lady Finger/Okra) - thinly sliced	3
• 1 Onion - roughly chopped	
• 1 inch Ginger	
• 5 cloves Garlic	
• 2 Green Chillies - chopped	
• 2 Cloves (Laung)	
• 1 Cardamom (Elaichi) Pods/Seeds	
• 1 inch Cinnamon Stick (Dalchini)	
• 1 Mace (Javitri)	
• 3 Tomatoes - roughly chopped	
• 2 tablespoons Curd (Dahi / Yogurt)	
• 1 tablespoon Kasuri Methi (Dried Fenugreek Leaves)	
• 1 Bay leaf (tej patta)	
• 1/2 teaspoon Turmeric powder (Haldi)	
• 1/2 teaspoon Red Chilli powder	
• 1 teaspoon Coriander Powder (Dhania)	
• Sunflower Oil	
• Salt - to taste	
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Preparation

- This process is done in order to ensure that the bhindi doesn't get sticky while cooking it.
- Cover the pan of the bhindi partially while it is cooking.



- This will help the bhindi steam cook, at the same time roast a bit.
 - Keeping the lid ajar, helps the steam at the same time, trap a little steam.
 - It will take a good 10 minutes to cook the bhindi.
 - Keep stirring to ensure it gets roasted well on all sides.
 - Next step is to make the gravy for the Bhindi Masala.
 - Add the tomatoes, into a mixer grinder and make a puree.
 - Keep aside.
 - In a mixer grinder, add garlic, onions, ginger, chillies, cloves, cardamom, cinnamon stick and made and grind it to a smooth paste.
 - Keep aside.
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- Add the turmeric powder, red chilli powder, coriander powder and mix everything well.
 - Cook for about a minute until the raw smell goes away.
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- It will take about 2 to 3 minutes over medium heat for the tomato to cook.
 - Check the salt and allow the masala to be thick.
 - Once done, add the roasted bhindi into the masala gravy.
 - Check the salt and turn the heat to high and cook for another minute so that the bhindi gets coated well with the masala.
 - After a couple of minutes, add the crushed kasuri methi and turn off the heat.
 - Garnish the Bhindi Masala Gravy with chopped coriander leaves and serve hot.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
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