

Recipe Name: Bhindi Raita Recipe (Okra Salad)

Diet Type:

Course: Side Dish

Cuisine: Indian

Quantity:



Ingredients

Ingredient	Quantity
• 250 grams Bhindi (Lady Finger/Okra) - cleaned	4
• 3/4 cup Hung Curd (Greek Yogurt) - whisked	
• 2 tablespoons Sunflower Oil	
• 1/2 teaspoon Mustard seeds	
• 1/2 teaspoon Cumin seeds (Jeera)	
• 2 teaspoon Red Chilli powder	
• 1/2 tablespoon Groundnut powder - roasted	
• 1/2 teaspoon Chaat Masala Powder	
• 1/4 teaspoon Asafoetida (hing)	
• 1 teaspoon Sugar	
• Salt - to taste	

Preparation

- To begin making the Bhindi Raita first, mix 1-1/2 tablespoon oil with the Bhindi and rub lightly to coat the slices.
- Add some salt and half of the chilli powder.
- Microwave (in batches) for 5 to 6 minutes on high till crisp.
- Stir at 1 minute interval so that they cook evenly.
- Alternatively you can pan fry or air fry the slices till crisp.
- Cool it down.
- In a mixing bowl add the curd.
- Add little salt, sugar, groundnut powder, chaat masala and mix.
- In a small wok/pan, heat oil.
- Add the mustard seeds, cumin seeds, red chilli powder and hing.
- Add the crisp okras in the curd and pour the tempering on the curd.
- The raita is ready to be served.



- Serve Bhindi Raita with roti or Rice and Panchmel Dal for a light everyday meal.

Macronutrients

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