



Bhindi Stir Fry

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🕒 15 Min

Description

Bhindi fry recipe is an easy, vegan side dish made with dry-sauteed okra in the traditional North Indian style that goes great with rice and chapati.

Ingredients

- 1.0 Chopped Cup(97.0 gm) Bhindi
- 1/4 Powder Tsp(0.54 gm) Red Chilly
- 1/4 Tsp(0.41 gm) Dhania Powder
- 1/4 Tsp(1.0 gm) Salt
- 1/4 Tsp(0.59 gm) Jeera
- 1/4 Tsp(0.6 gm) Haldi
- 1/4 Tsp(0.74 gm) Hing
- 1.0 Tsp(3.0 ml) Oil

Method of Preparation (Step by Step)

- Add 1 tsp oil, 1/4 tsp jeera, 1/4 tsp hing, 1 cup chopped bhindi, 1/4 tsp haldi, 1/4 tsp red chilli powder, 1/4 tsp dhania powder and stir.
- Close with lid and cook and add 1/4 tsp salt, Mix it well.

Nutrition Information per serve

Energy	54.78 kcal
Carbohydrate	3.97 gm
Protein	0.44 gm
Total Fat	3.02 gm
Total Fiber	3.77 gm