Dinner, Indian

Stuffed Bhindi Masala with Coriander Paste

Slit bhindi are packed with a ground onion and coriander paste, then cooked on a tava until the masala clings and the vegetable turns tender. A squeeze of lemon at the table lifts the whole dish.



Low fat

29 min	89	9.7 g	3.1 g
time	calories	carbs	sugars

Ingredients, 3 servings

- [ ] 20 tender bhindi (ladies finger)
- [ ] 2 tbsp besan (gram flour)
- [ ] 2 tsp oil or coconut oil for a healthier diet
- [ ] 1/2 cup roughly chopped onion
- [ ] 1 cup chopped coriander (dhania)
- [ ] 2 tsp ginger-green chilli paste
- [ ] 1/2 tsp haldi powder (turmeric powder)
- [ ] 1 tbsp coriander-cumin seeds (dhania-jeera) powder
- [ ] 1 tsp garam masala
- [ ] 2 tsp roasted sesame seeds (til)
- [ ] 1 tbsp lemon juice
- [ ] salt (namak) to taste, restricted salt for health
- [ ] lemon

Nutrition Facts

Per serving

Calories	**89**
Total fat	4.5 g
Saturated fat	Not listed
Sodium	12 mg
Total carbs	9.7 g
Fiber	2.9 g
Total sugars	3.1 g
Protein	2.6 g

Method

- [ ] **1** Blend the roughly chopped onion, chopped coriander, ginger green chilli paste, haldi powder, coriander cumin seeds powder, garam masala, roasted sesame seeds, lemon juice, salt and 2 tbsp of water in a mixer until smooth.
- [ ] **2** Tip the blended paste into a deep bowl, mix in the 2 tbsp of besan and keep it aside.
- [ ] **3** Wash the 20 tender bhindi (ladies finger), wipe them dry and slit each one lengthwise.
- [ ] **4** Spoon a little paste into each slit bhindi and save the leftover paste.
- [ ] **5** Heat the 2 tsp of oil or coconut oil on a non stick tava (griddle), add the saved paste with 2 tbsp of water and saute on a medium flame for 2 minutes.
- [ ] **6** Add the stuffed bhindi and saute on a medium flame for 4 minutes.
- [ ] **7** Cover with a lid and cook on a medium flame for 6 to 8 minutes, stirring now and then.
- [ ] **8** Serve the bhindi masala hot with lemon wedges for squeezing over.

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