

# Bhindi Masala (Curried Okra)

Serving Size: ½ cup

Makes 7 servings

## Ingredients:

1 tbsp	Canola Oil
½ tsp	Cumin Seed
¾ tsp	Coriander, ground
¾ tsp	Chili Powder
½ tsp	Turmeric
1 tsp	Garam Masala
1 each	Curry Leaf
1 tbsp	Ginger Root, minced
1 tbsp	Garlic Cloves, minced
3 oz	Yellow Onion, diced
12 oz	Okra, sliced
5 oz	Tomato, diced
1/3 cup	Water
1 tbsp	All Purpose Flour
½ tsp	Kosher Salt
1 tbsp	Cilantro, chopped

## Preparation:

1. In a large skillet, add oil and cumin seed over medium-high heat. Toast seeds until they start to pop.
2. Add coriander, chili powder, turmeric, garam masala, and curry leaf. Sauté for 2-3 minutes.
3. Add ginger and garlic; sauté for another 2-3 minutes.
4. Add onion; sauté until transparent.
5. Add sliced okra, tomato, and water. Simmer until okra is tender.
6. Add flour and salt; cook an additional 2-3 minutes.
7. Garnish with cilantro.

CHEF NOTE: can use frozen okra, just ensure frozen okra has no added seasonings or salt.

### NUTRITION FACTS PER SERVING

<b>calories</b>	50
<b>total fat (g)</b>	3
saturated fat (g)	0
trans fat (g)	0
<b>sodium (mg)</b>	115
<b>total carbohydrate (g)</b>	6
dietary fiber (g)	2
sugar (g)	2
<b>protein (g)</b>	2



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