



Oats Bhindi Sabji (LV)

Serving: 1

Veg

Ingredients

- -Ladyfingers (bhindi)-150 g
- -Oats - 1 tbsp
- -Oil - $\frac{1}{2}$ tsp
- -Cumin seeds - $\frac{1}{2}$ tsp
- -Curry leaves - 3-5
- -Onion ,roughly chopped - 2 tbsp
- -Turmeric powder a pinch
- --Red chilli powder - $\frac{1}{2}$ tsp
- Salt as per taste use minimum
- -Amchur powder $\frac{1}{2}$ tsp

Preparation Method

- -Heat oil in a non stick pan, add cumin seeds and saute till fragrant.
- -Add curry leaves, onion and saute lightly. Add bhindi and mix.
- -Add turmeric powder, red chilli powder, amchur powder, salt and saute for 4-5 minutes.
- -Add oats and mix well. Cook for 1-2 minutes.
- -Transfer onto a serving bowl and serve hot