**Bhindi Ka Salan**

Prep time: 15 min Cook time: 20 min

**Ingredients:**

* 200 g tender bhindi (okra), trimmed and slit
* 1 tbsp oil
* 1 tbsp roasted peanuts
* 1 tbsp sesame seeds
* 1 tbsp grated coconut
* 1 tsp ginger-garlic paste
* 1 medium onion, finely chopped
* 1 tsp tamarind paste
* ½ tsp turmeric, ½ tsp red chili powder
* Salt to taste
* ½ tsp mustard seeds
* Curry leaves

**Instructions:**

1. Dry roast peanuts, sesame, and coconut. Cool and grind to a smooth paste with water.
2. Heat ½ tbsp oil in a pan, sauté bhindi till partially cooked and slightly crisp. Set aside.
3. In the same pan, add remaining oil. Splutter mustard seeds and add curry leaves.
4. Add onions and ginger-garlic paste. Cook until golden.
5. Add the ground paste, turmeric, chili powder, and salt. Cook for 2–3 minutes.
6. Stir in tamarind paste and ½ cup water. Simmer the gravy for 5–7 minutes.
7. Add sautéed bhindi and simmer for 8–10 minutes until tender and flavorful.
8. Serve with jowar roti, hand-pounded rice, or millet flatbreads.