**Bhindi Masala**

Prep time: 15 Min Cook time: 25 Min

**Ingredients:**

* 500 grams bhindi, tender and small
* 3 tbsp mustard oil
* 1.5 tsp haldi powder
* 1.5 tsp red chili powder
* 2 tbsp besan
* 1 tsp jeera seeds
* 1 tej patta
* 2 large onions, chopped
* 1 green chili, chopped
* 1 tbsp ginger-garlic paste
* 2 tbsp curd
* 1 cup tomato puree
* 1 tsp dhania powder
* 1 tsp jeera powder
* 1 tsp kasuri methi, crushed
* Low sodium salt, to taste
* 2 tbsp dhaniya leaves, chopped

**Instructions:**

1. Wash the bhindi (okra) thoroughly, pat dry, then cut off the top and bottom of each bhindi and slice them in half.
2. In a bowl, mix the bhindi with salt, ½ tsp turmeric powder (haldi), ½ tsp red chili powder, and besan (gram flour).
3. In a pan, heat 2 tbsp of mustard oil until it becomes hot and smoky.
4. Add the marinated bhindi to the pan and stir-fry on high heat for 3-4 minutes until they are half-cooked and slightly crispy. Transfer to a bowl and set aside.
5. In the same pan, heat 1 tbsp of mustard oil. Add cumin seeds (jeera) and bay leaf (tej patta) and let them crackle.
6. Add the chopped onions and sauté until they turn golden brown.
7. Add the chopped green chili and ginger-garlic paste. Sauté for a couple of minutes.
8. Add 1 tsp each of turmeric powder (haldi), red chili powder, coriander powder (dhania powder), and cumin powder (jeera powder).
9. Stir well and cook the spices for a couple of minutes.
10. Now add curd (yogurt) and cook until the oil starts to separate from the mixture.
11. Add tomato puree and cook until the mixture thickens and the oil separates again.
12. Transfer the fried bhindi back into the pan with the prepared gravy. Stir gently.
13. Add water as required to achieve the desired consistency. Cook for 6-7 minutes until the bhindi is fully cooked and the gravy is thick.
14. Add kasuri methi (dried fenugreek leaves). Stir and cook for a minute, then remove from heat.
15. Garnish with chopped coriander leaves (dhaniya) and serve hot with roti or steamed rice.