



Bhindi Masala

Cooking Time _____

On2Cook: 7:30 mins Normal Cooking: 25 mins
Accessories: Pan Honeycomb (Non-Stick), Silicone Stirrer

Ingredients _____

- | | |
|-------|-------------------------------------|
| 70 ml | Oil |
| 20 g | Tampering |
| | 3 g Cumin Seeds, 2 g Asofoetida |
| | 15 g Chopped Garlic |
| 100 g | Chopped Vegetables |
| | 50 g Onion, 50 g Tomato |
| 250 g | Bhindi |
| 26 g | Dry Spices |
| | 2 g Turmeric, 6 g Red Chilli Powder |
| | 3 g Coriander Powder |
| | 6 g Kashmiri Chilli Powder |
| | 3 g Garam Masala |
| | 3 g Dry Mango Powder, 3 g Salt |
| 100 g | Tomato Puree |
| 50 ml | Water |

Step 1 0:45 secs

70 ml Oil
I 100 M 0

Step 2 0:15 secs

20 g Tampering
I 100 M 0

Step 3 1:00 min

100 g Chopped Vegetables
I 100 M 100

Step 4 3:00 mins

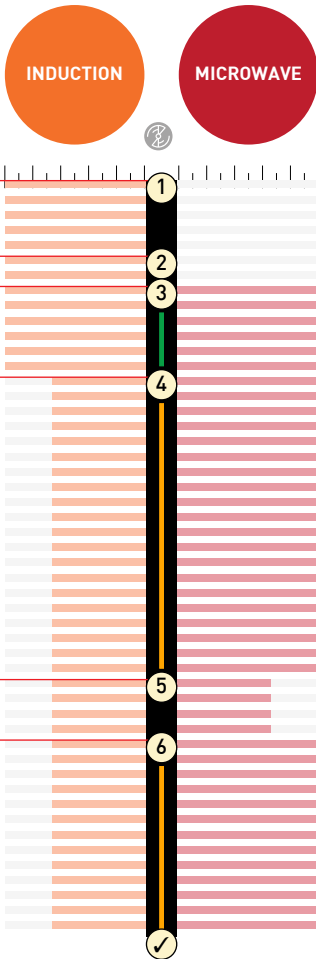
250 g Bhindi
I 70 M 100

Step 5 0:30 secs

26 g Dry Spices
I 70 M 70

Step 6 2:00 mins

100 g Tomato Puree
I 70 M 100



Total Output:
350 g