



Bhindi Masala

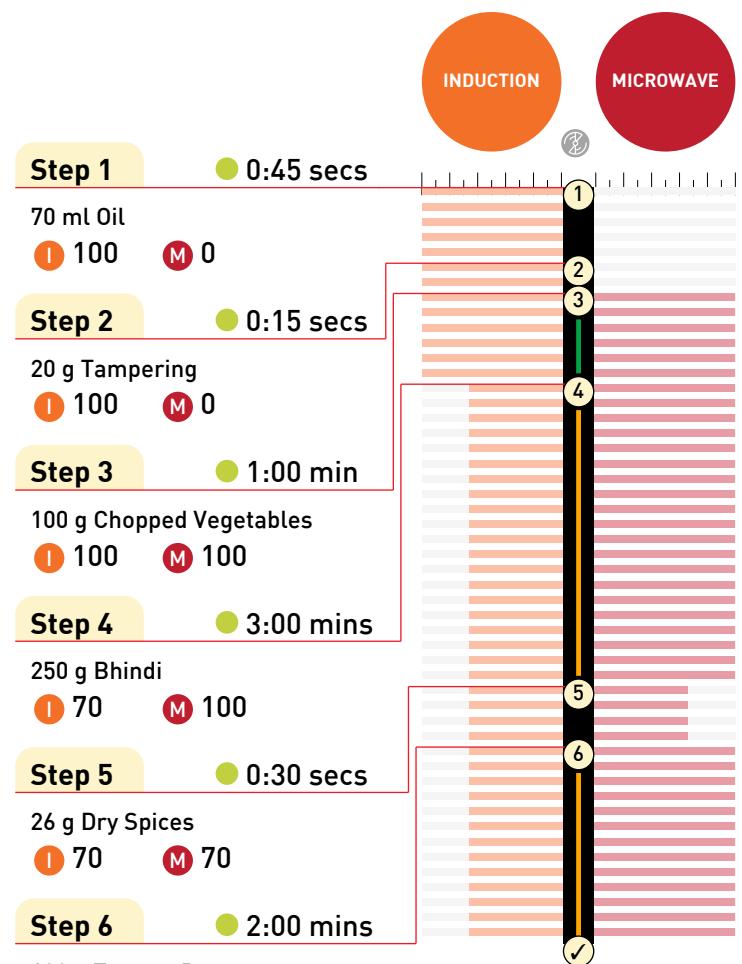
Cooking Time

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 |



Total Output:
350 g