



# 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

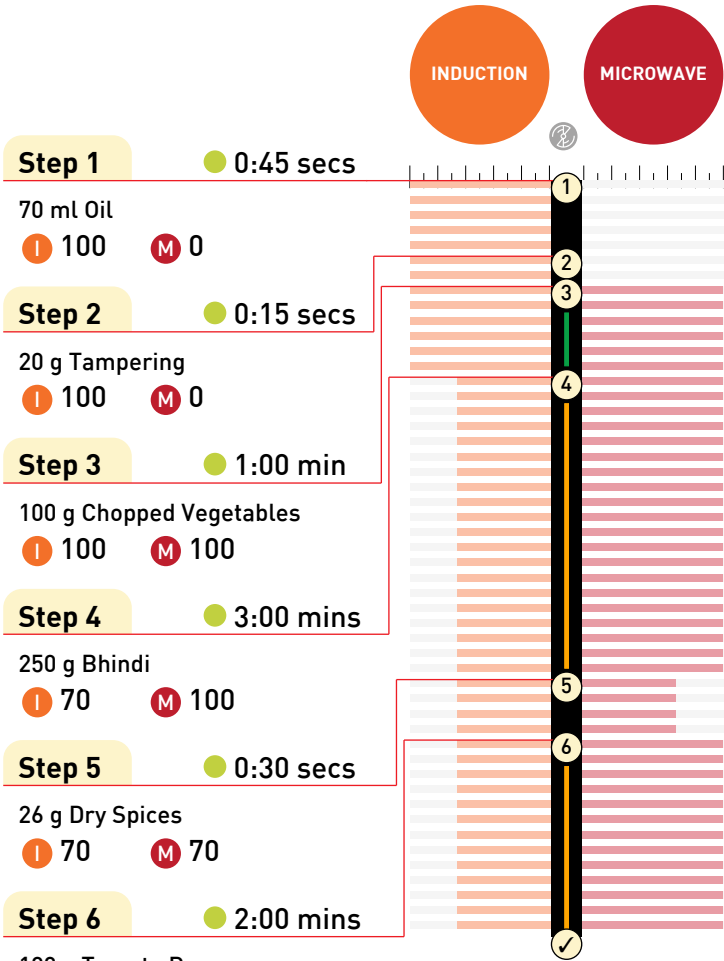
Chopped Vegetables
- 50 g Onion, 50 g Tomato
- 250 g

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