



Coconut Tendli Bhaji Recipe

Ingredients

- Sachet MAGGI Masala-ae-Magic
- Tablespoons Oil
- Tablespoon Jeera
- Onion (Sliced)
- gms Tendli (Tondli/Ivy Gourd)
- 1/2 1/2 Teaspoon Red Chilli Powder
- 1/2 1/2 Teaspoon Turmeric Powder
- Tablespoon Coriander Powder
- Pinch Salt
- 1/2 1/2 Cup Coconut bits
- Tablespoons Coriander Leaves (Chopped)

Instruction

1. Prepare ingredients as mentioned in the list. Wash the tendlis and cut it lengthwise into four.
2. Heat oil in a karahi and add the cumin seeds. When they start to splutter, add onion, and fry till they turn soft and transparent
3. Now, add the tendlis and cook by keeping it covered for 5 minutes on low flame. Then, add red chilli powder, turmeric powder and coriander powder. Further cook for 10 more minutes on low flame or till done.
4. Add the MAGGI Masala-ae-Magic, grated coconut and salt to taste, mix well and sauté for 2 minutes.
5. Garnish with coriander leaves. Serve hot.

Nutrition

Carbohydrates	8.24 g
Energy	199.4 kcal
Fats	12.71 g
Protein	2.31 g

25 Minutes

4 Servings