



Bharwan Bhindi Recipe

Ingredients

- Sachet MAGGI Masala-ae-Magic (6 Grams)
- gms Vendakkai (Cut into 2" pieces)
- Teaspoon Amchur Powder (Dry Mango Powder)
- Teaspoons Coriander Powder
- Teaspoon Dry Red Chillies
- 1/2 1/2 Teaspoon Turmeric Powder
- Teaspoon Cumin Powder
- Pinch Salt (To Taste)
- Tablespoons Oil
- Tablespoons Coriander Leaves (Chopped)

Instruction

1. Wash, wipe and dry the bhindis well. Trim the top end. Slit each bhindi vertically, without cutting it into two halves.
2. Combine MAGGI Masala-ae-Magic with the other spices and mix well. Fill each bhindi carefully with the spice mixture.
3. Heat oil in a karahi, add the stuffed bhindis and cook on low heat till done.
4. Garnish with coriander leaves and serve hot.

Nutrition

Carbohydrates	7.39 g
Energy	107.87 kcal
Fats	8.25 g
Protein	1.98 g

52 Minutes

4 Servings