



## Bharwan Bhindi Recipe

### Ingredients

- 1 Sachet MAGGI Masala-ae-Magic
- 300 gms Bhindi (Ladies Finger)
- 1 Teaspoon Amchur Powder (Dry Mango Powder)
- 2 Teaspoons Coriander Powder
- 1 Teaspoon Red Chilli Powder
- 0.5 Teaspoon Turmeric Powder
- 1 Teaspoon Cumin Powder
- 1 Pinch Salt
- 2 Tablespoons Oil
- 2 Tablespoons Coriander Leaves (Chopped)

### Zubereitung

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.

#### Nährwerte an

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

🕒 52 Minutes

⊕ 4 Servings