



## Saucy 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
- 1/2 1/2 Cup Nestlé A+ Curd
- gms Besan (Gram Flour)
- 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. Mix the besan in the beaten curd and add to cooked bhindi. Mix well and cook for a minute.
4. Garnish with coriander leaves and serve hot.

### Nutrition

Carbohydrates	9.34 g
Energy	127.94 kcal
Fats	9.09 g
Protein	3.15 g

52 Minutes

4 Servings