



Ingredients

- 1 Sachet MAGGI Masala-ae-Magic
- 300 gms Bhindi (Ladies Finger)
- 1 Teaspoon Amchur 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
- 0.5 Cup Dahi
- 5.75 gms Besan (Gram Flour)
- 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. 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.

Nährewerte an

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

🕒 52 Minutes

⊕ 4 Servings