



Masala Bhindi



Ingredients:

- 500 grams okra (bhindi), washed and trimmed
- 2 tablespoons oil
- 1 teaspoon cumin seeds
- 1 large onion, finely chopped
- 1 green chili, slit lengthwise (optional)
- 1 teaspoon ginger-garlic paste
- 1 cup tomatoes, chopped
- 1/2 teaspoon salt (adjust to taste)
- 1/4 teaspoon turmeric powder
- 1/2 teaspoon red chili powder
- 1/2 teaspoon garam masala
- 1/2 teaspoon coriander powder (optional)
- 1/4 teaspoon kasuri methi (dried fenugreek leaves) (optional)
- Water as needed
- 2 tablespoons chopped coriander leaves (optional)

Method:

- **Prepare the okra:** Cut the okra into 1-inch pieces. To prevent sliminess, you can toss them in a little salt and let them sit for 10–15 minutes before rinsing and patting dry.
- **Heat the oil:** Heat the oil in a large skillet or wok over medium heat.
- **Add cumin seeds:** Add the cumin seeds and let them sizzle until fragrant.
- **Sauté onions and green chili:** Add the chopped onions and green chili (if using) and sauté until they turn golden brown.
- **Add ginger-garlic paste:** Stir in the ginger-garlic paste and cook for 1–2 minutes until the raw smell disappears.
- **Add tomatoes:** Add the chopped tomatoes and cook until they become soft and mushy.
- **Add spices:** Stir in the salt, turmeric powder, red chili powder, garam masala, coriander powder (if using), and kasuri methi (if using). Cook for a few minutes until the spices are fragrant and the mixture leaves the sides of the pan.
- **Add okra:** Add the prepared okra to the pan and stir to coat with the masala.
- **Cook and simmer:** Add a little water if needed to prevent the okra from sticking. Cover and cook on low heat for 10–15 minutes, or until the okra is tender and the masala has thickened.

- **Finish and serve:** Uncover the pan and let the excess moisture evaporate. Stir in the chopped coriander leaves (if using). Serve hot with roti, naan, or rice.