



HEALTHY INDIAN BITES

Eat Right, Live Right.



Bhindi Fry

Diet Recipes, Food Blog.

Bhindi Fry food recipe is easy sauté shallow fry food recipe. It is Stir Fried Okra filled in chickpea/ gram flour. It is authentic Indian food recipe cooked in north-western region. Beauty of okra lies in its independence. It is good to cook it in mustard oil. Mustard oil combination with chickpea and Okra adds flavor to foods. Also, it adds nourishment necessary for health and growth. It is home cooked authentic food recipe. It takes 20-25 min to cook recipe. Recipe is quite easy to cook, palatable to eat, can be cooked in each and every kitchen and can consume regularly.

In [HealthyIndianBites](#) food blogs, we try to cook and promote healthy nutritious food recipes. Okra/Bhindi fry stands out good, when cooked alone and not mixed. It blends very well with food combination of chickpea/gram flour or mixed with onions, tomatoes chopped or dipped in gravy. It is low calorie food recipe, cooked in less oil and necessary food to eat. Hopefully, viewers like it. We look forward for your comments and suggestion. For latest and regular updates, enroll us on our [newsletter](#). For live demo on cooking, please refer our cooking channel on [Social Media](#).

Instagram ID: [Healthy.Indian.Bites](#)

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Health Facts of Bhindi with Chickpea.

1. Like other vegetables, adding Okra to diet is good source of Nutrition. Helps in skin care, fighting cancer, lowering cholesterol and good fighting disease.
2. Blending it with chickpea and Peanut powder boosts its nutritional value.
3. Loaded with Vitamins and Minerals, recipe helps lose weight and maintain healthy diet.

Best Bhindi Masala Recipe



Cooking Ingredients:

- 250 gm chopped and *blanched* Okra or Bhindi.
- Add 1-2 teaspoon cooking oil in a pan.
- Add 1 teaspoon Salt to it.
- Add 1 teaspoon Sesame also.
- 1 teaspoon Mustard seeds too.
- 1 teaspoon Carrom seeds to it
- 1 teaspoon whole Cumin to it.
- 1 teaspoon Coriander powder as well.
- 3-4 Tomatoes.
- 1 whole Garlic.
- 3-4 teaspoon Peanut powder.
- Add 3-4 chickpea/gram flour to it as well.
- 2-3 chopped green chili.

Sauteed Cooking Method:

1. Add 1 spoons of cooking oil in pan. Cook on low flame.
2. Add 1 teaspoon Salt, Coriander, Sesame, Carrom seeds and Cumin to it.
3. Dry Roast 3-4 green chili, 3-4 tomatoes and 1 whole garlic on tawa for 1 minute. (Do not burn it).
4. Chop it in a piece. Add to blender and mix well to form paste.
5. Add tomato paste to a pan and mix well.
6. Also add 2-3 spoons peanut powder.
7. And 3-4 spoons chickpea powder to puree.
8. Cook on low flame. Add little water to form paste.
9. Cut bhindi (Okra) in long pieces. Fill it with paste.
10. Add 1 spoon cooking oil to a pan.
11. Add mustard seeds to it as well.
12. Add okra to it. Fry it on low flame for few seconds.
13. Add 1 spoon water. Apply lid. Form steam. Fry on low flame. Repeat this step 2-3 times.

Easy Cooking Tips for Beginners

- Buy soft and tender compared to overripe Okra.
- Remove ends of Okra.
- Do not over fry or over cook it. Such that, it becomes sticky.
- Try cooking it in mustard oil instead of other cooking oil.
- Cook on low flame.
- Avoid adding red-chili powder to recipe.
- Adding sesame to recipe helps promote weight loss.

Sauteed Vegetables India.

Sauté cooking technique, cooking is done on low heat, heating oil in a pan. Many Indian food recipes cooked on this technique.



1. It is highly recommended to use good cooking oil.
2. Cook on low flame.
3. Do not overcook spices or add many spices. That is very harmful and can cause inflammation.
4. Over frying of vegetables on higher flame cut down nutrition.
5. Best practice is to use good quality heating pan.

Best Cooking Pan??

A good quality Aluminum/Steel Pan is a good choice to buy. Also, in India till date people prefer buying iron pan or brass pan for their cooking as well. But downside of - Aluminum, Steel, Iron or Brass pan is, sticking of foods or adding lot of oil to a recipe, cooking it.

Good Quality Non-Stick pans are good choice to buy. Many of well-known companies like Prestige, Hawkins, Milton etc. sell it online. Good quality set of pans can be bought online in the range of RS 1000-5000. Further, it can be bought online through e-commerce websites like [Amazon](#), [Flipkart](#), [Indiamart](#) etc.