



Coconut bhindi fry

Tell the story of the recipe...

Ingredients

How many servings?

2 cups chopped lady's finger

1 cup fresh coconut - grated

Salt

Turmeric

Garam masala

Fenugreek seeds

1 Green chilly - chopped

Mustard oil

Steps

How long to cook?

- 1 In an iron wok, add 1 tbsp mustard oil. Once it heats up, add fenugreek seeds and green chilly.
- 2 Now, add chopped lady's finger to it. Let it cook for 10-15 mins mixing 3-4 times.
- 3 Add salt to taste, 1/2 tsp turmeric powder & 2 tsp garam masala to it and saute.
- 4 Now, add grated coconut & cook for another
- 5 Serve hot with chapati & dal.