

Bhindi Pyaz

Written by Bhavesh Zaveri

Ingredients

	Quantity:	Measure:	Ingredients:	Description:
1		Pinch	Asafetida (Hing)	
2		Medium	Chillies Green	finely shopped
2		Tablespoon	Cooking Oil	
1		Tablespoon	Coriander Leaves (Kotimirsa)	finely shopped
3		Flakes/Seeds/Cloves	Garlic	cleaned, and crushed
1		Inch	Ginger	grated
300		Grammes	Lady Fingers	
1/2		Teaspoon	Lime Juice	
2		Medium	Onions	sliced into rings.
Little		Salt	to taste	
3		Pinch	Turmeric Powder	

Method

- # Slit lady finger half lengthwise.
- # If too long cut into 3" long pieces.
- # Heat 1 tbsp. oil in a nonstick pan.
- # Add ladyfinger, stir fry till it is crisp.
- # If overdone it will turn blackish, is underdone it will be sticky.
- # Remove from pan, keep aside till required.

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- # Heat remaining oil in same pan, stir fry onions till golden brown.
- # Keep aside in pan till required.
- # Just before serving, heat onions in pan.
- # Add all other seasoning, stir fry for a few seconds.
- # Add ladyfinger, salt, stir and pour into serving dish.
- # Garnish with chopped coriander.
- # Serve hot and crisp with roti, rice or parathas.