

# **BHINDI MASALA / OKRA MASALA / LADY'S FINGER MASALA – SIDE DISH RECIPE FOR CHAPATHI**



*The worldwide used versatile vegetable called Okra or Lady's Finger or Bhindi. Their nutritional benefits are numerous, as they are rich in vitamins, minerals and dietary fiber. In this dish the spices brings out the flavour to the okra while dried mango powder gives tangy taste. This dish is one of the popular restarunant menu, it taste great to eat with [chapathi](#), [paratha](#) or [rice](#)*

## **Ingredients**

**12-15 Lady's Finger, Small Size**

**2 Green Chillies, Cut into  
lengthwise**

**1/4 Tsp of Turmeric powder**

**1/4 Tsp of Saunf Powder or Fennel  
Powder**

**2 Tsp of Coriander Powder**

**1 Tsp of Red Chilly Powder**

**1/4 Tsp of Garam masala**

**1/4 Tsp of Dry Mango Powder  
(Amchur Powder )**

**1/2 Tsp of Dried Fenugreek Leaves  
or Kasoori Methi**

**Cilantro or Coriander Leaves to  
garnish.**

**Salt to taste**

## To Temper

**2 Tbsp of Oil**

**1 Tsp of Mustard**

**1 Tsp of Cumin or Jeera**

**Pinch of Asafoetida or Hing**

**Few Curry Leaves**

## Method

- Wash the lady's fingers in cold tap water and wipe it with towel or paper towel and dry it for 10 mins.
- Chop the top and bottom part of the lady's finger, then cut in lengthwise into two parts. Cut all the others in the same manner.
- Heat oil in a pan and saute lady's finger for 3 mins in medium – high flame until brown and remove from pan and keep it aside.
- In the same pan, heat some oil, add mustard, cumin seeds, hing, curry leaves, fry until it turns golden brown.
- In a medium flame, add turmeric powder, saunf powder, coriander powder, red chilly powder, green chillies and lady fingers, fry and mix it well with the masala. Cook for 2 – 3 mins.

- Add amchur or dry mango powder, salt and garam masala to the pan and saute it well with the lady fingers. Stir the masala continuously for 2-3 minutes. Then cover the pan with a lid and cook it for another 2 minutes.
- Open the lid, add kasoori methi, mix well with the lady's finger and cook for another 2 minutes.
- Finally garnish it with coriander leaves.
- Bhindi Masala is ready to eat.



### Tips

- Serve it with hot [chapati](#), [parantha](#) or [Rice](#)
- You can add chopped onions, tomatoes and ginger garlic

**paste, to get extra gravy but different taste.**

- **Don't add amchur powder when you are adding tomato because both are tangy in taste.**
- **Adding kasoori methi makes twist to the dish.**
- ***No onion no garlic recipe.***

### **Health Benefits of Lady's Finger or Okra**

- **Low calorie vegetable.**
- **Rich source of vitamin A,C,K and folates.**
- **Excellent source of dietary fiber.**
- **Ideal vegetable for weight loss.**



# Multigrain Chapathi – Chapathi Recipes



*Multigrain means it includes several types of grains. In this recipe, I used multigrain cereal which has oats, barley, wheat and rye. This is a healthy alternative to regular wheat chapathi, having once or twice a week in diet is good for health. This can be served with any raita or dal.*

## **Ingredients**

- 1 Cup of Whole Wheat Flour**
- 1/2 Cup of Multigrain Cereal, roasted and powdered**
- 1 Tbsp of Oil**

**1 Cup of Warm Water**

**Salt as needed**

## **Method**

- **In a pan, dry roast the cereal until it turn color and aromatic. Cool it for 5-10mins and then grind it to a fine powder.**
- **In a wide bowl, add wheat flour, multigrain cereal powder, salt, oil and warm water. Mix well. Knead the dough with your hand. Keep it aside for 15-30 mins.**
- **Heat a tawa or chapathi pan. Meanwhile make a equally sized balls out of the dough and roll it into a circular thin chapathi.**
- **Carefully place the chapathi on the heated pan. You will see tiny bubbles rises on the surface of roti.**
- **Now it's time to flip the chapathi with a spatula. Once first flip is done, apply oil or ghee on the upper surface and spread all over the chapathi.**
- **Flip again in 30 secs and apply some oil. Press chapathi gently with a spatula and cook till brown spots appear on both the sides of the roti.**
- **Chapathi is done when both sides are brown and crispy. Remove it from pan and place it in serving dish.**
- **Repeat the same process with each ball of dough.**
- **Hot multigrain chapathi is ready to serve.**

## **Tips**

- **Serve with any dal or onion raita.**
- **Adding warm water to flour makes chapathi soft.**
- **You can add butter instead of oil.**
- **You can also add vegetables of your choice, to make veggie multigrain chapathi.**

## **Health Benefits of Multigrain Chapathi**

- Multigrain foods will be high in complex carbohydrates and protein. Complex carbs are great for energy production, and this can help with exercise and losing weight.
- The levels of protein will aid the body in tissue repair and production of antibodies that will help fight sickness or infection.
- In addition, they will contain nutrients, fiber and essential minerals like magnesium, copper and iron. Multigrains that contain whole grains will be filled with essential fatty acids, B-vitamins, starch and fiber. Magnesium will help build strong bones and teeth. It will also help with metabolism. Fiber is great in helping the body stay regular and maintaining a healthy colon.

## **Adding Multigrains to a Diet**

- Multigrains can be added to any meal throughout the day.
- At breakfast you could start with a multigrain oatmeal with some blueberries mixed in or any fruits.
- At lunch you could have a peanut butter and strawberry jam on two slices of multigrain bread and then
- At dinner you could have a healthy portion of multigrain rice or chapathi with dal.



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**Methi Paneer (Fenugreek & Indian Cottage Cheese)**



*Methi Paneer is a delicacy from Northern Part of India. It is made with fenugreek leaves and paneer or Indian Cottage cheese which is served as spicy gravy for [paratha](#) or [roti](#) or [pulao](#). This dish is so simple to make and delicious and also it has lot of medicinal benefits.*

### **Ingredients**

- 1 Small Bunch of Methi or Fenugreek Leaves**
- 7-10 Deep Fried Paneer or Indian Cottage Cheese**
- 1 Big Onion, Chopped**
- 2 Medium Size Tomato, Chopped**
- 2 Tsp of Curry Powder**
- 1 Tsp of Ginger Garlic Paste**
- 2 Green Chillies**
- 2 Tbsp of Dried Methi Leaves**
- 1/2 Tsp of Amchur Powder or Dried Mango Powder**
- 2 Tbsp of Milk**

**1/2 Tsp of Garam Masala**  
**Cilantro for garnishing**  
**Salt to taste**

### **To Temper**

**1 Tbsp of Oil**  
**1 Tsp of Mustard**  
**1 Tsp of Cumin**  
**1/2 Tsp of Kalonji (Optional)**

### **Method**

- Heat oil in a pan and add all the ingredients under " To Temper" List.
- Add onion and salt, fry for 1-2 mins until it turns golden brown.
- Add ginger garlic paste and green chillies, saute for 2 mins until raw smell vanishes.
- In a medium flame, add curry powder and saute for 1 min.
- Add chopped tomatoes, Saute well for 1-2 mins until oil separates.
- Add fenugreek leaves and paneer, cook for 3-5 mins so that it absorbs all the masala.
- Add dried methi leaves by crushing it between your palms, garam masala and amchur powder. Mix well. Cook for a 1-2 mins.
- Finally add milk and cilantro. Check the salt and turn off the stove.
- Hot methi paneer is ready to serve.

### **Tips**

- Serve hot with [vegetable pulao](#) or [roti](#)
- If you want rich gravy, you can add cashews and heavy cream.
- You can also add lemon juice at the end, for more tangy taste.

- If you don't have curry powder, replace it with 1 tsp of coriander powder, 1/2 tsp of chilly powder and 1/2 tsp of turmeric powder.

## Health Benefits of Methi or Fenugreek and Paneer

### Fenugreek

- Rich in Vitamin C and K
- Consumption of fenugreek leaves restores excellent digestion abilities
- Lowering type-1 and type-2 diabetes.
- Lower serum cholesterol, triglyceride, and low-density lipoprotein

### Paneer

- Rich in calcium.
- Good source of protein.
- Prevents stomach disorders.

