

Nakhrali Bhindi by Chef: Bishandutt Dabral

🕒	Total Prep Time:	45 mins
🕒	Prep Time:	30 mins
🕒	Cooking Time:	10 mins
🕒	Finishing Time:	5 mins
👤	Recipe Serving:	2 Person
🌈	Difficulty Level:	Easy



Ingredients and preparation of Nakhrali Bhindi

Ladyfinger Crisp	10 no
Mushroom fine chop	100 gms
Onion paste	1 Tbsp
Garlic paste	1 tsp
Ginger paste	1tsp
Turmeric	¼ tsp
Coriander powder	½ tsp
Chat Masala powder	¼ tsp
Chili Powder	½ tsp
Mustard Paste	1 tsp
Potatoes boiled and mash	50 gms
Paneer mash	20 gms
Fresh coriander for garnish	4-5 sprig
Ghee/ mustard oil	5 Tbsp

How to Prepare How to Prepare of Nakhrali Bhindi

- 1) To make this dish select crisp and green ladyfingers, slit with a small sharp knife in between and remove all the seed from it
For stuffing
- 2) Heat pan and add 2Tbsp of ghee, when hot add homemade mustard paste and sauté it for 2 minutes. Later add chopped mushroom sauté it again for 1 minute. Add onion paste, garlic paste, ginger paste sauté it. After 2mins add turmeric powder, coriander powder sauté it for a minute then add paneer, potato, chat masala powder, chilli powder and salt to taste. Sauté for 5 min. Keep it in a plate and make it cool.
- 2) Stuff the Ladyfinger with the above masala
- 3) Take a shallow pan to add ghee, heat ghee and shallow fry all ladyfinger.
- 4) Serve hot with Chapati

Garnish

Fresh Coriander sprigs

Important Tips

- 1) You can tie all ladyfingers with the thread so that masala/stuffing doesn't come out.
- 2) Ladyfinger can be fried instead of grilling. Make sure ladyfingers are tightly tied and fry in a slow flame
- 3) Roughly crush peanut can be added to masala instead of Paneer/ cottage cheese.