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Stuffed Bhindi & Pyaz

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English

Ingredients

- Bhindi (Okra) 250 gms
- Pyaz (Onion) 3-4 small
- Namak (Salt) 1 tsp or to taste
- Zeera (Cumin seeds) roasted & crushed 1 & ½ tsp
- Lal mirch powder (Red chili powder) 1 tsp or to taste
- Dhania powder (Coriander powder) 1 & ½ tbs
- Haldee powder (Turmeric powder) ½ tsp
- Hari mirch (Green chili) crushed 1 & ½ tbs or to taste
- Lehsan (Garlic) crushed 1 & ½ tbs
- Sarson ka tel (Mustard oil) 1 tbs
- Olive oil 1-2 tbs
- Pyaz (Onion) chopped 1 large
- Tamatar (Tomatoes) chopped 2 medium
- Pani (Water) 2-3 tbs or as required
- Garam masala powder ½ tsp
- Hara dhania (Fresh coriander)

Method

1. Cut okra from top,bottom and slit with the help of the knife.
2. Cut onion into four halves & set aside.
3. In bowl,add salt,cumin seeds,red chili powder,coriander powder,turmeric powder,green chili,garlic, mustard oil and mix well.
4. Now filled okra and onion with prepared spice mix & set aside.
5. In pot,add olive oil,onion and fry until light golden.
6. Add remaining prepared spice mix,mix well and cook for 2-3 minutes.
7. Add tomatoes and mix well,cover and cook on low flame until tomatoes are soft.
8. Add water and mix well.
9. Now add stuffed okra & onion,cover and steam cook on low flame for 12-15 minutes or until tender.
10. Add garam masala powder and fresh coriander,cover and simmer for 2 minutes & serve!

Roman Urdu

Ingredients

- Bhindi (Okra) 250 gms
- Pyaz (Onion) 3-4 small
- Namak (Salt) 1 tsp or to taste
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- Pyaz (Onion) chopped 1 large
- Tamatar (Tomatoes) chopped 2 medium
- Pani (Water) 2-3 tbs or as required
- Garam masala powder ½ tsp
- Hara dhania (Fresh coriander)

Method

1. Bhindi ko upper aur neechay sa cut karein aur knife ki madad sa slit ker lein.
2. Pyaz per char cute laga lein & side per rakh dein.
3. Bowl mein namak,zeera,lal mirch powder,dhania powder,haldee powder,hari mirch,lehsan aur sarson ka tel dal ker ache tarhan mix ker lein.
4. Ab bhindi aur pyaz mein tayyar spice bhar dein & side per rakh dein.
5. Pot mein olive oil aur pyaz dal dein aur light golden hunay tak fry ker lein.
6. Baqi bacha huwa spice mix dal ker ache tarhan mix karein aur 2-3 minutes kliya paka lein.
7. Tamatar dal ker ache tarhan mix karein aur dhak ker halki ancch per tamatar naram hunay tak paka lein.
8. Pani dal ker ache tarhan mix karein.
9. Ab stuffed bhindi aur pyaz dal ker dhak dein aur halki ancch per 12-15 minutes ya ghul janay tak steam cook ker lein.
10. Garam masala powder aur hara dhania dal ker dhak dein aur 2 minutes kliya dum per rakh dein & serve karein.

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