INDIAN · SIDE

Bhindi Do Pyaza: Okra with Double Onions

भिंडी दो प्याज़ा

30 min · Serves 4 · 262 kcal a serve · Video 6:07 in Hindi · Kabita's Kitchen

Vegan · Gluten-free ingredients · No nuts listed

A dry okra and onion side cooked with whole spices and tomato, with no cream or flour: 13 g net carbs and 5 g fibre a serve.

Diet notes: Low saturated fat (1.6 g, 5% of the energy); DASH-friendly with less salt: up to a pinch a serve; Paleo with a swap: olive, avocado or coconut oil instead of the canola or vegetable oil.

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Ingredients 15 · SERVES 4

- [ ] 9 oz **bhindi** (okra), washed, dried and chopped
- [ ] **Canola or vegetable oil**: 6 tbsp cooking oil (2 for the okra, 1 for the onions, 3 for the masala)
- [ ] 3 **onions** (2 cut into petals, 1 chopped)
- [ ] **Mixed spice**: 1 black cardamom and a ¾–1¼ inch cinnamon stick
- [ ] ½ tsp **cumin seeds**
- [ ] ¼ tsp **fenugreek seeds**
- [ ] 1 **green chilli**
- [ ] 1 tsp **ginger-garlic paste**
- [ ] ½ tsp **turmeric powder**
- [ ] 1½ tsp **red chilli powder**
- [ ] 1 tsp **ground coriander**
- [ ] ¼ cup **tomato purée** (or chopped tomatoes)
- [ ] ½ tsp **garam masala**
- [ ] 1 tsp **dry mango powder** (amchur)
- [ ] **salt**, to taste

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat 2 tbsp oil in a wok, add the chopped okra and fry 4–5 minutes on medium heat, stirring gently, until lightly crisp. Lift it out. 0:34
2. Add 1 tbsp oil and fry the onion petals for about a minute so they stay crunchy. Lift them out. 1:21
3. Heat 3 tbsp oil, add the black cardamom, cinnamon, cumin and fenugreek seeds, then the green chilli and chopped onion, and fry 3–4 minutes on medium heat. 1:53
4. Stir in the ginger-garlic paste for 30 seconds, then the turmeric, chilli powder and coriander for a minute on low heat. Add the tomato purée and salt and cook until the oil separates. 2:38
5. Return the okra and onion petals, mix gently and cook 8–10 minutes on low heat. 4:18
6. Sprinkle over the garam masala and amchur, cook one more minute and turn off the heat. 4:34

> **Tip** Dry the okra well before chopping so it doesn't turn slimy. For paleo, cook it in ghee or avocado oil instead of a seed oil. Kabita serves it with roti or dal and rice (not in the numbers).

The method is a summary in our words, in English — the video (in Hindi) shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
262 kcal 1,090 kJ	3.1 g 6% of a day	18 g 13 g net · 6.6 g sugars 7% of a day
FIBRE	**FAT**	**SODIUM**
5.2 g 19% of a day	21 g 1.6 g saturated 27% of a day	410 mg 18% of a day

Energy from net carbs 21% · protein 5% · fat 74% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Omega-3 116% · Vitamin K 30% · Vitamin C 29% · Vitamin E 29%

Source of (10–19%) Vitamin B6 19% · Folate 16% · Magnesium 14% · Potassium 10%

Recipe and video: Kabita's Kitchen on YouTube — youtube.com/watch?v=FaMD3C7tQBY. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/kabita-bhindi-do-pyaza