



Saugus TV What's Cookin with Mona

Bhindi with Paratha (8 ingredients, Okra paired with a flaky bread)

Bhindi (Okra)

- Use about 1/2 pound or 8 to 10ozs of **okra** (we used fresh okra, we washed it first, snipped off the ends and cut into 1/2 inch pieces. When buying fresh okra, pinch it a little to see if it pinches, avoid okra that is hard to the touch when trying to pinch it because it will not soften in the cooking process. You may also use frozen okra cut or uncut.)
- 1 medium **onion** (we peeled and sliced onion)
- 3ozs **tomato puree** (can also use a fresh medium sized ripen tomato, wash and cut into small pieces)
- 1 teaspoon **salt** (use as much as desired)
- 1/2 teaspoon **red chili** powder (use less if don't want too much heat)
- 1 teaspoon **turmeric** powder
- 2ozs **oil** (we used canola, you can use any, like olive, corn, vegetable, etc. Also, use as much as desired.)

In a pan, add the cut okra, onions, tomato puree, salt, chili powder, turmeric, and oil. Mix and then cover pot and cook on medium heat for about 15 minutes. Stir occasionally and if after

15 minutes you find the okra is still not fully soft, add about 2ozs water and let it cook on lower heat until the water evaporates and contents further soften. Once the water evaporates and the oil starts to surface, turn off the stove, mix, serve, and enjoy!!

Paratha (Flaky flatbread)

- **5 parathas** (we bought our frozen parathas from an ethnic store. You can also make them fresh at home, recipe to follow)

Depending on the size of the skillet, warm each paratha for about three minutes on medium heat, flipping it mid-way. You may add additional oil or ghee or butter to both sides as it is warming if you desire a more decadent taste. Once ready, enjoy with the delicious bhindi.

If you have any questions on this recipe or methods, please reach out. Hope you enjoy making this dish!

Mona