

Bhindi (okra) is a sattvic vegetable that supports clarity and calmness. This low-spice masala sabzi lets the natural sweetness and texture of bhindi shine, supported by just a handful of grounding, digestive spices.

What Is Bhindi Masala Sabzi?

A semi-dry sautéed okra dish made with minimal yet impactful spices; no garlic or onion overload. It's a sattvic, pairs well with soft phulkas or simple dal-chawal.

How to Make Bhindi Masala Sabzi : The Traditional Way

□ Ingredients:

- 250g **fresh bhindi (okra)**, washed, dried, and cut into 1-inch pieces
- 1 tbsp **cold-pressed oil or ghee**
- ½ tsp **jeera (cumin) powder**
- ½ tsp **coriander powder**
- ¼ tsp **turmeric powder**
- A **pinch of red chilli powder** (optional – check your vegetable list)
- A small pinch of **black pepper powder**
- **Salt** to taste
- Few drops of **lemon juice** (optional, for tang)
- Finely chopped **coriander leaves** for garnish (optional)

□ Method:

1. **Prep the bhindi:** Ensure bhindi is fully dry before cutting to prevent sliminess.
2. **Heat oil/ghee** in a thick-bottomed pan.
3. Add the bhindi and sauté on **medium heat** for 6–8 minutes till lightly crisp and tender. Stir occasionally.
4. Add turmeric, coriander powder, jeera powder, black pepper, and a tiny pinch of red chilli powder. Mix gently.
5. Cover and cook for 2–3 more minutes on low flame. Do not over-stir.
6. Add salt towards the end to prevent stickiness.
7. Finish with lemon juice or curd (if using) and garnish with coriander leaves.

▣ Ayurvedic Benefits

1. Bhindi is **cooling, grounding, and mildly sweet**, great for pacifying **pitta** and **vata**.
2. The mucilage is **soothing for the gut** and can help in **constipation**.
3. Mild spices improve **agni (digestive fire)** without creating heat.

▣ Pro Tips from the Indian Kitchen

- Always dry bhindi thoroughly before cutting.
- Use a wide pan so the bhindi doesn't steam and turn sticky.
- Avoid adding salt in the beginning; it draws out moisture.
- Adding lemon or curd enhances the taste and reduces residual stickiness.

♥ Why We Love Bhindi Masala Sabzi

- Calming, sattvic and flavourful
- Low-oil, light on the tummy
- Pairs well with most grains and dals
- Keeps bhindi's true texture and taste intact

▣ Ideal For

- **Sattvic or low-spice diets**
- **Children, elderly**, or those recovering from illness
- **Lunch or light dinners** with jeera rice or phulkas
- Gut-friendly meal combinations

