INDIAN · LUNCH · DINNER · SIDE

Chatpata Bhindi Aloo

35 min · Serves 4 · 165 kcal a serve · Video 9:59 · Your Food Lab

Vegan · No nuts listed

Okra and potato make this a vegetable dish with fibre, vitamin C and vitamin K, pan-cooked in just 2 tbsp of oil rather than deep-fried. The tangy amchur and spices mean no sauce, cream or sugar is needed.

Diet notes: Low saturated fat (0.5 g, 3% of the energy); DASH-friendly (400 mg sodium a serve); Gluten-free with a swap: Most asafoetida (hing) is blended with wheat flour: use a gluten-free one or leave it out.

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Ingredients 17 · SERVES 4

- [ ] 9 oz **okra** (bhindi), dried well and cut into thick dice
- [ ] 1 large **potato**, peeled, diced the same size and kept in water
- [ ] 2 small **onions**, thickly sliced
- [ ] 2 tbsp **mustard oil**
- [ ] ½ tsp **cumin seeds**
- [ ] 1 tsp **coriander powder**
- [ ] 1 tsp **cumin powder**
- [ ] 1 tbsp **garlic**, roughly chopped
- [ ] 2 **green chillies**, chopped
- [ ] ¼ tsp **asafoetida** (hing)
- [ ] 1 tsp **amchur** (dry mango powder)
- [ ] ¼ tsp **turmeric powder**
- [ ] ½ tsp **Kashmiri red chilli powder**
- [ ] 1 tsp **kasuri methi** (dried fenugreek leaves)
- [ ] **salt** to taste
- [ ] a pinch of **garam masala**
- [ ] a handful of **fresh coriander**, chopped

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

Allergens found in the listed ingredients: Gluten, Mustard. 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. Wash the okra, rub dry with a towel and leave under a fan for 5–10 minutes so it is completely dry (this stops it going slimy). Cut into thick dice. Dice the potato to match and keep it in water. Slice the onions thickly. 1:35
2. Heat the mustard oil in a kadhai on high until it just reaches smoking point, then lower the flame and let it cool slightly. 4:24
3. Add the cumin seeds, garlic, green chillies and asafoetida and cook on medium-low for 1–2 minutes. Add the onions and cook on high for 1–2 minutes until just translucent. 4:55
4. Drain the potato and add it. Cook on high for 2–3 minutes, then cover and cook on low for 4–5 minutes until almost done. 5:40
5. On low heat add the turmeric, coriander, Kashmiri chilli, cumin and amchur powders with the kasuri methi and salt. Stir and cook for about a minute. 6:25
6. Add the okra and stir gently on high to coat. Cover and cook on medium-low for 5–6 minutes, stirring only once, then cover again for 2–3 minutes until tender. 6:55
7. Check the salt, finish with a pinch of garam masala and the fresh coriander, and serve. 8:06

> **Tip** Mustard oil gives the classic flavour, but any neutral oil works. For variety add mustard seeds and curry leaves to the tempering. Keep the okra bone-dry and stir it as little as possible so it does not turn slimy.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
165 kcal	3.7 g	23 g	4.9 g	7.4 g	400 mg
690 kJ	7% of a day	18 g net · 3.9 g sugars	17% of a day	0.5 g saturated	18% of a day
		8% of a day		10% of a day	

Energy from net carbs 47% · protein 10% · fat 43%

High in (20%+ of a day) Omega-3 40% · Vitamin C 31% · Vitamin K 30% · Vitamin B6 25%

Source of (10–19%) Folate 17% · Magnesium 16% · Potassium 13% · Iron 13% · Vitamin E 12%

Recipe and video: Your Food Lab (@YourFoodLab) on YouTube — youtube.com/watch?v=de1ppj9L4Hk, published 30 October 2023. 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/chatpata-bhindi-aloo