

Bhindi Masala

with Paneer, Naan Bread & Cucumber Raita

Okra (or “bhindi” as it’s known in Hindi) is widely used in the cuisine of North India, where the tropical vegetable flourishes. Tonight we’re making bhindi masala, a favorite of the region that features okra cooked until just tender in a spiced tomato and onion sauce. We’re giving the dish another layer of satisfying texture with the addition of pan-crisped paneer, a mild, fresh variety of pressed cheese. Served with soft basmati rice, warm pieces of Indian bread and raita (a cooling condiment of yogurt and cucumber) for dipping, this meal is bursting with plenty of vibrant flavors.



Blue Apron Wine Pairing

Benziger Family Winery Sauvignon Blanc, 2015



Ingredients

2 Pieces Naan Bread
¾ Cup White Basmati Rice
½ Pound Paneer Cheese
½ Cup Greek Yogurt
6 Ounces Okra
3 Cloves Garlic
1 Cucumber
1 Red Onion
1 Tomato
1 Large Bunch Cilantro & Mint

Knick Knacks

1 Tablespoon Bhindi Masala Spice Blend
(Garam Masala, Whole Nigella Seeds & Ground Cumin)

Makes: 2 servings | **Calories:** about 715 per serving
Prep Time: 15 minutes | **Cook Time:** 20–30 minutes



For cooking tips & tablet view, visit blueapron.com/recipes/931

Recipe #931

1



Prepare the ingredients & make the raita:

Wash and dry the fresh produce. Medium dice the paneer cheese. Peel and mince the garlic. Peel and small dice the onion. Core and medium dice the tomato. Cut off and discard the okra stems; slice into 1-inch-thick rounds. Pick the cilantro and mint leaves off the stems; discard the stems. Grate the cucumber; place in a bowl with the **yogurt**. Stir to combine and season with salt and pepper to taste.

2



Cook the rice:

In a small pot, combine the **rice**, a **big pinch of salt** and **1½ cups of water**; heat to boiling on high. Once boiling, cover and reduce the heat to low. Simmer 12 to 14 minutes, or until the water has been absorbed and the rice is tender. Remove from heat and fluff the cooked rice with a fork.

3



Brown the paneer:

While the rice simmers, in a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **paneer cheese**; season with salt and pepper. Cook, turning occasionally, 3 to 5 minutes, or until browned on all sides. (Be careful, as the paneer might pop as it cooks.)

4



Add the vegetables:

While the rice continues to simmer, add the **garlic**, **onion** and **spice blend** to the pan of paneer; season with salt and pepper. Cook, stirring occasionally, 2 to 4 minutes, or until softened and fragrant. Add the **tomato** and **¾ cup of water**; season with salt and pepper. Cook, stirring occasionally, 4 to 6 minutes, or until thoroughly combined and slightly thickened.

5



Finish the bhindi masala:

Add the **okra** to the pan of paneer and vegetables; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until thoroughly combined and the okra is slightly softened. Remove from heat and season with salt and pepper to taste. Divide the **cooked rice** between 2 bowls; top with the finished bhindi masala. Wipe out the pan.

6



Warm the naan & serve your dish:

Heat the same, dry pan on medium-high until hot. Working 1 piece at a time, add the **naan** and cook 30 seconds to 1 minute per side, or until lightly browned and warmed through. Carefully transfer to a cutting board; cut each warmed naan into 6 wedges. Garnish the bowls of **cooked rice** and **finished bhindi masala** with the **cilantro and mint**. Serve with the naan wedges and **raita** on the side. Enjoy!