

Kamy's Sensational Baked Okra in a Yoghurt Marinade

A dish from Northern India

Ingredients

350 grams of okra topped and sliced into 1cm rounds

1 cup natural yoghurt

1.5 teaspoons crushed garlic

1 teaspoon crushed ginger

½ onion finely diced

1 green chilli finely diced

10 or so fresh curry leaves torn

Heaped teaspoon unroasted curry powder

1 teaspoon roasted curry powder

½ teaspoon roasted sweet cumin

½ teaspoon Amchur (green mango) powder

¼ teaspoon salt

¼ teaspoon ground black pepper

¼ teaspoon turmeric powder

Handful of fresh coriander leaves

Chapatis to serve

Method

Mix all ingredients (apart from okra) together until well combined

Add okra and stir in gently

Leave to marinate for approx. 30 minutes

Preheat oven to 180 degrees

Tip okra mix into a baking dish

Bake for about 30 minutes