

Stir Fried Okra

Ingredients

350grams okra sliced on angle 1cm thick
Medium onion finely diced
2 tomatoes finely diced
Green chilli finely diced
10 or so fresh curry leaves – torn and bruised
1 pandan leaf
1 teaspoon crushed garlic
1 teaspoon crushed ginger
½ teaspoon chilli powder
1 teaspoon roasted curry powder
1 teaspoon unroasted curry powder
½ teaspoon turmeric
½ teaspoon roasted sweet cumin
¼ teaspoon ground black pepper
½ teaspoon salt
1 tablespoon oil
2 teaspoons black mustard seeds
Chapatis and rice to serve

Method

Heat oil in wok

Add mustard seeds

When mustard seeds begin to pop stir in curry leaves and pandan leaf

After a minute add the garlic ginger and onion and stir fry for 5 minutes.

In a bowl mix tomatoes, okra, chilli, curry powders, turmeric, cumin, pepper and salt

Add okra mix to the wok and stir gently so as not to mash okra

Reduce heat and cover with a lid

Leave for 15 minutes stirring occasionally

Serve with rice and chapatis