

Sautéed Okra with Spice Mix Stuffing

A dish from Rajasthan

Ingredients

350 grams okra topped and halved

Spice mix ingredients

- Heaped teaspoon crushed garlic
- 1 teaspoon sweet roasted cumin
- 1 teaspoon unroasted curry powder
- Heaped teaspoon Amchur powder
- 1 teaspoon dried chilli flakes
- ½ teaspoon turmeric powder
- ¼ teaspoon ground black pepper

1 tablespoon oil

1 teaspoon black mustard seeds

Chapatis to serve

Method

Mix together spice mix ingredients until well combined into a paste

Slice halved okra lengthways ensuring they are not cut the whole way through

Carefully stuff each piece of okra with a little spice mix

Heat oil in pan

Add mustard seeds

When seeds begin to 'pop' lower the heat and arrange okra carefully into pan ensuring each piece is touching the pan.

Put a lid on the pan and cook for approximately 30 minutes – carefully turning okra after about 15 minutes

Serve with chapatis