

BHINDI MASALA (OKRA CURRY)

500 gram okra

300 gram yellow onions

2 medium tomatoes, cubed

1 green chili

Vegetable oil

ginger

garlic

cumin

coriander powder

red chili or cayenne powder

turmeric

lemon juice

- ❶ Thaw, wash, dry okra, cut into 1-2 centimeter pieces, discard stems. Sprinkle salt. Set aside, wait, dry.
- ❷ Heat oil, add the okra (500 gram) and sauté until crispy (ca. 5 minutes).
- ❸ **Meanwhile.** Heat oil, sauté onions until golden (10 minutes).
- ❹ Add ginger, garlic (2-3), sauté for 30 seconds.
- ❺ Add cubes tomatoes (2 piece), 3 minutes.
- ❻ Add 3/4 TL salt, 1 TL cumin, 1 TL coriander, 1/2 TL turmeric, 1/2 TL red chili powder).
- ❼ Add okra from step ❷ .
- ❽ Simmer for a few minutes. Add lemon juice (1/2 TL) if required.