

RECIPE

Okra Curry

INGREDIENTS

500g of Okra
2 puree onions
2tsp ginger paste
2 cloves garlic crushed
1tsp turmeric
1tsp chili powder
1tsp ground cumin
1tsp ground coriander
1 large potato cubed
Salt and pepper
1 can tomato puree
2tbsp ghee or butter

METHOD

1. Slice the okra into 1cm rings, puree the onion, crush the garlic.
2. Heat the ghee or butter in a large fry pan or camp oven. Fry the onions, garlic, ginger together with the herbs and spices
3. Add the tomato puree and heat on medium for 5 minutes
4. Add the potato and okra and cook on medium heat for about 30mins or until the okra and potato are no longer firm.
5. Serve on a bed of rice or as a vegetarian side dish.

SHOPPING LIST

500g Okra
2 onions
Ginger paste
Garlic
Turmeric
Chilli powder
Ground cumin
Ground coriander
Potato
Salt
Pepper
Can tomato puree
Ghee or butter