



LOVES FOOD

FRIED CURRY OKRA

INGREDIENTS:

1kg of fresh okra
Half an onion chopped
Cooking oil for shallow frying
1 teaspoon salt
1 large tomato grated
1 teaspoon curry powder

METHOD:

1. Wash and cut your okra into medium circular chunks
2. Heat your frying oil and fry your okra (in batches so as not overcrowd the pan). Fry until the okra is lightly browned.
3. While okra is frying, in a separate pot, begin to cook your tomato and onion with salt and curry powder. Do not add oil to this pot as the impwa will have some residual oil even after straining.
4. As you remove your fried okra and strain as much of the oil out without squishing them. Place the fried okra into a separate plate or bowl until all of it has been fried.
5. Once the tomato mixture has cooked down, turn it off until all the okra is fried and ready to go.
6. Place all the fried okra into the tomato mixture, stir gently and allow to cook together for at least 5 minutes.

SERVING SUGGESTION

This dish goes well with Nshima, rice, chapati/roti. Add a protein of your choice and you have a lovely meal celebrating okra.

Enjoy!

With love,
From Famous Warrior's kitchen