

Okra Curry

Ingredients

3 cups chopped okra
Oil of your choice – a few splashes
1/4 tsp mustard seeds
1/8 tsp ground fenugreek seeds
1/4 tsp ground peppercorns
1/2 cup cooked mung beans
1 onion diced
10 curry leaves
3 cloves minced garlic
1 tsp coriander powder
1/4 tsp turmeric
1/2 tsp cayenne pepper
3 tbsp shredded coconut
1 medium tomato chopped small

Method

1. Heat the oil in a wok and cook the okra until golden. Stir every minute or so. Once cooked through remove from the wok.
2. Make the sauce heating a small splash of oil in the same wok and fry the mustard seeds until they pop. Then add the curry leaves, spice, onion, garlic and salt. Cook until onions are translucent.
3. Add the cooked mung beans, coconut, tomato and ¼ cup water. Cook for 5 minutes then add to a blender and blend.
4. Place back in the wok and add the okra.



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