

Spiced Okra Curry

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Okra, also known as lady fingers, is a slightly unusual ingredient that isn't to everyone's taste - but luckily, this simple and fragrant dish makes them into something absolutely delicious. Serve it as a side dish with an Indian meal or with some plain boiled rice as a meal in itself.

Ingredients:

500g okra, trimmed, washed and dried
400g onions
5 tbsp. groundnut oil
2 tomatoes, peeled and deseeded
1 red chilli
2 tsp. ground coriander
Handful of freshly chopped coriander
2 tbsp. water

Directions:

1. Slice the okra into 2cm pieces. Thinly slice the onions and finely slice the chilli after deseeding it.
2. Heat the oil in a large frying pan and add the onions. Cook them for 10-15 minutes until browned and softened. Add the okra, then the tomatoes and chilli. Stir well.
3. The okra will release a sticky substance whilst cooking. This substance will cook off, so keep stirring and cook for another ten minutes or so.
4. Add the ground coriander and simmer for 5-10 minutes before adding the water. Cover and simmer for another 3 or 4 minutes.
5. To serve, stir the freshly chopped coriander through the curry.

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