



OKRA AND BELL PEPPER STIR FRY

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I chose this recipe because I made it yesterday for dinner.

DIRECTIONS:

1. Wash 1 lb of okra and pat dry. Then slice off the ends of the okra pieces, cut each piece in half lengthwise, and set aside.
2. Wash and dice 1-2 bell peppers and 1/2 of a large onion and set aside.
3. In a wok or large pan: Add 3-4 tablespoons of olive oil. Add a dash of asafoetida powder, a tablespoon of cumin seeds to the pan. (Optional: Add a tablespoon of raw split chickpeas to the pan)
4. Once the cumin seeds (and split chickpeas) are moderately toasted, add the diced onion to the pan.
5. Once the chopped onion pieces become translucent, add the sliced okra to the pan. Cover the pan with a lid and heat on low/medium for 2-3 minutes.
6. Add a dash of turmeric, 1 tablespoon of ground coriander seeds (or coriander powder) and 1 teaspoon of red cayenne pepper. Mix the contents of the pan so that the okra gets coated with these spices.
7. Add 1-2 tablespoons of gram flour (chickpea powder) and continue to stir-fry the contents of the pan. Once the okra becomes tender, add the bell peppers to the pan, along with 1 teaspoon of raw mango powder and salt to taste. Salt is added towards the end to prevent the okra from becoming gooeey/lacy.
8. Cook on low/medium heat for another 1-2 minutes.
9. Garnish the dish with some freshly chopped coriander leaves.

INGREDIENTS:

1lb of okra
1-2 bell peppers
½ large onion
3-4 tablespoons of olive oil
dash of asafoetida powder,
tbsp of cumin seeds
tbsp raw split chickpeas
Dash of turmeric
1tbsp of ground coriander seeds
or coriander powder
1tsp of red cayenne pepper.
1-2 tbsp of gram flour (chickpea
powder)
1 teaspoon of raw mango
powder
salt to taste
fresh coriander leaves