

SPICY POTATO WITH OKRA

Ingredients:

1 cup okra, sliced
1 cup potatoes, cubed
½ cup white cabbage, chopped
1 large tomato, diced
1 small onion, diced
2 Tbsp vegetable oil
Dash cayenne pepper
1 tsp ground turmeric
1 tsp curry powder
Salt

Instructions:

- Heat oil in a large skillet, on medium heat.
- Add okra and cook for about 5 minutes. Stir occasionally to prevent burning.
- Add onions, tomato, cayenne pepper, turmeric, curry powder and salt. Cook for another 5 minutes, continuing to stir.
- Bring water to a boil in a small saucepan. Add the cabbage and potatoes.
- Lower heat and cook for a few minutes. Drain water.
- Add the potato and cabbage to the skillet. Mix with the other ingredients.
- Cover the skillet and let it stand for 2 minutes before serving.
- Serve with naan bread or roti.

Serves 4

Tip: to avoid the slimy okra juices, rinse okra right before cooking, using cold water. Add vinegar to improve taste and texture.



Good to know

Okra, also known as *gumbo* or *lady fingers*, originated from Africa. It had been cultivated by the Egyptians in the 12th Century B.C. Later, its use as an important food staple has been spread to many other countries around the world, including India, Jamaica and Brazil. It is high in fibre, folate and other nutrients.