

Okra Curry with Chapati

Here's a list of ingredients that you can use to make this tasty dish:

- 450g okra
- 1 tbsp vegetable oil
- Cumin seeds
- Medium onion chopped
- Green chillies
- Coriander powder



Method for Preparing / Cooking Okra Curry

1. Wash and cut the okra fingers and place a side.
2. Heat 2 teaspoon of oil in a pan on medium heat.
3. In the same pan heat 1.5 teaspoon of oil on medium heat and add cumin seeds and let them crackle.
4. Add the onions and cook for 2 minutes till translucent.
5. Add the ginger-garlic paste and cook for another 2 minutes or till the raw smell goes away.
6. Add the chopped tomatoes and cook for two minutes till they are little soft.
7. Add turmeric powder, red chilli powder, coriander powder.
8. Add in the okra pieces on medium-low flame for 7-8 minutes till potatoes and cauliflower have some brown spots on them.
9. Cover the pan and let the masala cook for 2-3 minutes and then add the okra pieces to it and mix.

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10. Add salt and cover the pan and cook more additional 6-7 minutes on low flame or till the potato and cauliflower are tender.
11. Garnish with some more coriander leaves and serve hot with chapati.

Carbohydrate Counting your meal:

Here's how to carbohydrate count the chapatis for your meal:

- 1 Chapati = 60 grams = 25 grams carbohydrate
- 2 Chapatis = 120 grams = 50 grams carbohydrate
- 3 Chapatis = 180 grams = 75 grams carbohydrate



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