

Bhindi Bhaji

A part of my attempt at BIR (British Indian Restaurant) curries, Bhindi Bhaji is one of our favourite vegetable accompaniments.

Planning

serves:	2/3
prep time:	10 mins
cooking time:	20 mins

Ingredients

500g fresh okra
2 medium onions, halved & finely sliced
2 cloves garlic, finely sliced
1 medium green chilli, sliced
2 medium tomatoes, diced
½ tsp ground coriander
½ tsp ground cumin
¼ tsp ground turmeric
½ tsp mild chilli powder

Method

Wash, top and tail the okra, then cut into 1-2cm lengths. Pre-fry these in vegetable oil for about 5 minutes. Set them aside in a bowl.

In a little more oil, over medium heat fry the onions until soft and translucent, stirring frequently. Stir in the sliced garlic and chilli and fry for 2 minutes more. Now return the okra to the pan and continue cooking, mixing to blend all together. Add the tomatoes and cook for 3 minutes or so to start them breaking down. Stir in the spices and cook for about 5 more minutes before serving.