

Curried Okra (Bhindi Masala)

- 2 tablespoons oil, divided
- 3 cups (300 grams) chopped okra
- ½ teaspoon mustard seeds
- ½ teaspoon cumin seeds
- 1 medium onion, diced
- 2 cloves of garlic, grated or pressed
- 1 long green, mildly spicy chili, sliced
- ½ tablespoon grated ginger
- 4 whole canned tomatoes, chopped
- 3 teaspoons coriander powder
- ½ teaspoon turmeric
- ½ teaspoon cayenne pepper (or more to taste)
- 3-4 tablespoons juice from the canned tomatoes
- 1 teaspoon garam masala
- ½ teaspoon mango powder/amchur (optional but recommended)
- ¼ teaspoon salt
- Sliced green onion or cilantro, sliced red chili, for garnish (optional)

Heat a large pan over medium heat. Add one tablespoon oil and the chopped okra. Fry, flipping and stirring frequently, until the okra is browned on all sides and the slime disappears – about 10 to 15 minutes. Remove to a plate.

Add the second tablespoon of oil to the pan along with the mustard and cumin seeds. After a few seconds, once they pop and darken in color slightly, add the onion and fry until it softens. Add the garlic, ginger and green chili and fry until fragrant.

Add the chopped tomatoes, coriander powder, turmeric and cayenne pepper. Cover the pan and simmer for 3-4 minutes so that the spices cook and the tomato breaks down. If you like a little more sauce, you can add 3-4 tablespoons of the juice from the tomato can.

Fold in the okra, garam masala, mango powder (if using) and salt. Once the okra is heated through, serve with rice or roti and garnish with green onion and red chili, if desired.

