



Indian Styled Okra Curry - Dish #3

Just delicious – no sticky okra

2 (12 oz.) packages frozen okra, defrosted, not rinsed
5 tablespoons avocado oil, divided
1/2 teaspoon salt, divided
1 teaspoon black mustard seeds
2 teaspoon cumin seeds
1 medium onion, peeled, coarsely chopped
1/2 teaspoon Garam Masal
1 teaspoon (or as desired) paprika; turmeric, coriander, cumin powder
1/2 teaspoon ground black pepper, if desired
1 teaspoon lemon juice

- Pat the defrosted okra dry with a paper towel to remove excess moisture.
- Heat 1 tablespoon of avocado oil in a large skillet over medium-high heat. Add 12 ounces of okra, spreading it evenly in the pan. Stir-fry, shaking the pan occasionally to move the okra around (avoid stirring too much to prevent breaking). Cook until the okra is tender, slightly browned, and no longer slimy, about 5-7 minutes. Sprinkle with 1/4 teaspoon salt and transfer to a warm dish.

- Repeat with the remaining 12 ounces of okra and another 1 tablespoon of oil, then add to the warm dish.
- Wipe the pan clean with a paper towel to remove any loose okra seeds, so they don't burn.
- Add 3 tablespoons of oil to the pan with the mustard seeds and cumin seeds. Cook over medium heat until the seeds start to pop and become fragrant, about 1-2 minutes.
- Add the chopped onion and sauté until softened and lightly browned, about 5 minutes.
- Return the cooked okra to the pan, sprinkle with Garam Masala or add a dash of paprika, turmeric, coriander, cumin powder ground black pepper for added depth; gently stir to combine. Cook until heated through.
- Finish with a splash of lemon juice and serve hot. Serves: 4 large portions

Recipe shared by: Sangita Handa – Indian Home Cook

Sangita said that Indian styled cooking can be so easy, quick, nutritious, and you will love the delightful spices.

About the Recipe:

If you've ever thought okra was just a slimy veggie, think again! This Indian-style stir-fried okra is flavored with the warmth of cumin, spirited mustard seeds, and a dash of Garam Masala. Mingled with golden onions, it's a quick, delicious side dish that'll surprise you. Sangita's recipe proves Indian home cooking can be simple and packed with flavor—straight from her kitchen to yours!