



## Fried Okra (Bhindi)

Okra, or Bhindi, fried in mustard and ajwan seeds. Use as an accompaniment to a main curry dish. This recipe requires the use of a microwave oven to allow the okra to cook without going slimy.

**Serves** : 4  
**Preparation Time** : 5 minutes  
**Cooking Time** : 10 minutes (approx)

### Ingredients

1 lb okra (bhindi, or lady's fingers) cut into 1/2 inch pieces  
2 tsp oil  
1/2 tsp salt

### Herbs & Spices

1/2 tsp Asafoetida  
1/2 tsp Ajwan Seed  
1/2 tsp Chilli Ground  
1/2 tsp Mustard Seed Yellow  
1/2 tsp Mustard Seed Black  
1/2 tsp Turmeric

### Cooking Instructions

Arrange the okra in a single layer on a microwave proof plate, and cook on high in the microwave for 4 minutes. You may need to cook the okra in several batches.

Heat the oil in a large frying pan over a medium-high heat. Add the mustard seeds and the ajwan seeds. Fry until the mustard seeds start to pop. Add the okra, turmeric, asafoetida, salt and chilli powder and fry for 2 minutes. Serve.