



Presents

Salma's Kitchen

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.
- 8) Cover the pan and let the masala cook for 2-3 minutes and then add the okra pieces to it and mix.
- 9) Add chopped coriander leaves and give a good mix.
- 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

Happy cooking and enjoy your meal

