



Kerala Bindi (Okra) Masala

Prep Time: 15 min

Cook Time: 30 min

Serves: 4

NUTRITION FACTS, PER SERVING:

407 calories

12g total fat

452mg sodium



INGREDIENTS: **** Items not included in kit**

- 5 TB Vegetable or Olive Oil**
- 1.5 lbs. Okra, sliced into 1 inch pieces
- 2 tsp Cumin seeds
- 1.5 cups onions, diced
- Salt, to taste**
- 3 cloves garlic, minced
- 2 inch piece of Ginger, peeled & minced or grated
- Bindi Masala Blend (1/4 tsp cayenne pepper, 2 tsp coriander powder, 1/2 tsp turmeric, 1/2 tsp ground cumin)
- 1/4 tsp red pepper flakes, use amount based on desired spice preference
- 2 large tomatoes, chopped
- 1 cup Plain Greek yogurt
- 1.5 cups Basmati Rice
- 1 tsp Garam Masala

DIRECTIONS:

1. Wash and dry **okra**. Slice okra into 1 inch pieces (trimming and discarding both ends), set aside. Peel and mince **3 garlic cloves**, set aside. Peel and grate or mince **ginger**, set aside. Wash and dry **tomatoes**, chop, and set aside.
2. Heat **2 TB oil** in a large skillet over medium-high heat. Add **sliced okra** and cook for 3-4 minutes. Remove from pan with a slotted spoon and place on a paper towel lined plate, set aside.
3. To the same pan add **2 TB oil, cumin seeds, diced onions, salt to taste** and sauté for 5 minutes or until onions become translucent. Then add the **grated/minced ginger, minced garlic cloves, Bindi Masala Blend, 1/4 tsp red pepper flakes (use amount based on your desired spice preference), and chopped tomatoes**. Stir well to combine and simmer for 6-7 minutes. Add **yogurt**, mix well and let mixture come to a boil. Then cover and reduce to a simmer for 4 minutes. Remove lid, add **1 cup water** and mix well, continue simmering for an additional 4 minutes. Add **cooked okra** and **Garam Masala** and simmer for 3 minutes. Serve over **cooked rice**.
4. **Basmati Rice**: Rinse the basmati rice in cold water to remove excess starch. Combine rice with **2 1/4 cups water, 1 TB olive oil** and a **pinch of salt** in a medium sized pot. Stir once and bring to a boil over high heat. Cover, reduce heat to low and simmer for 10 minutes. Remove pan from heat and leave covered for 5 minutes. Remove lid and fluff with fork before serving.

Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.

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