

Bhindi Masala

Ingredients

1 ½ pounds of fresh green okra
2 teaspoons ground green mango powder
½ teaspoon tumeric
½ teaspoon chilli powder
¾ teaspoon ground black pepper
½ teaspoon salt
2 tablespoons water
¼ vegetable oil

Method
Wash and pat dry okra and in small bowl stir together salt, spices and water to form a spice paste using a non-stick skillet, heat oil over moderately high heat not smoking, and saute okra, stirring until okra is barely tender, about 2 minutes. add spice paste and saute, until okra is crisp tender, about 3 minutes.

Serves 8