

Okra Stew



Equipment:

- Spoon
- 1 saucepan
- Knife (if using onion)

Ingredients for 2 portion:

- 1 tbsp. Vegetable or palm oil
- 1 tin of tomatoes
- 1 tin of okra (or 2 handfuls of fresh/frozen okra)
- 1 stock cube
- 1 onion (optional)
- Spices of your choice e.g. chili powder, garlic powder, ground ginger, cayenne pepper

- ✓ **Gluten-free**
- ✓ **Dairy-free**
- ✓ **Vegan option**
- ✓ **Halal**

Steps:

1. If using the onion, peel and chop.
2. Heat the oil in the pan and add the onion. Fry for 5 minutes or until soft, then add the spices and stir.
3. Add the tinned tomatoes and stock cube and stir. Rinse the tomato tin with water and add this to the pan. Add the spices at the stage if not using onion. Simmer for 5 minutes.
4. Drain the liquid from the okra (if using tin) and add to the pan. Simmer for another 5-10 minutes or until the okra is cooked.
5. Add any further seasoning you like, then serve and enjoy!

Serving suggestion: eat with rice, couscous or injera.

Okra Stew



Equipment:

- Spoon
- 1 saucepan
- Knife (if using onion)

Ingredients for 4 portion:

- 2 tbsp. Vegetable or palm oil
- 2 tins of tomatoes
- 2 tins of okra (or 4 handfuls of fresh/frozen okra)
- 1 stock cube
- 2 onions (optional)
- Spices of your choice e.g. chili powder, garlic powder, ground ginger, cayenne pepper

- ✓ **Gluten-free**
- ✓ **Dairy-free**
- ✓ **Vegan option**
- ✓ **Halal**

Steps:

1. If using the onions, peel and chop.
2. Heat the oil in the pan and add the onion. Fry for 5 minutes or until soft, then add the spices and stir.
3. Add the tinned tomatoes and stock cube and stir. Rinse the tomato tins with water and add this to the pan. Add the spices at the stage if not using onion. Simmer for 5 minutes.
4. Drain the liquid from the okra (if using tin) and add to the pan. Simmer for another 5-10 minutes or until the okra is cooked.
5. Add any further seasoning you like, then serve and enjoy!

Serving suggestion: eat with rice, couscous or injera.