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How to Make OKRA & TOMATO *Curry*



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INGREDIENTS

- 1** **tablespoon canola oil**
- 1** **small onion, peeled and chopped**
- 2** **cloves garlic, peeled and minced**
- 2** **tomatoes, chopped**
- 1** **tablespoon curry powder**
- 1** **cup water**
- 1/8** **teaspoon chili powder**
- salt and pepper**
- 453.59 g (est. 1/2 kilos) okra**

SOURCE: Lalaine Manalo (2019) *Kawaling Pinoy*



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PROCEDURE

1. Rinse the okra and pat dry. Trim the ends of the pod and cut into horizontally into about 1/2-inch lengths.
2. In a wide pan over high heat, heat oil. Add onions and garlic and cook until softened.
3. Add tomatoes and okra and cook, stirring regularly, for about 2 to 3 minutes.
4. Add curry powder, chili powder, and salt and pepper to taste. Stir to combine.
5. Add water and bring to a simmer. Lower heat, cover, and continue to cook for about 10 to 15 minutes or until vegetable is tender.
6. Serve immediately.

SOURCE: Lalaine Manalo (2019) *Kawaling Pinoy*



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