RECIPE

Roasted okra masala over brown rice

A vegan okra dinner: okra roasted until browned, folded into a spiced onion and tomato masala and spooned over brown rice.

MAKES

4 servings US Metric

TOTAL

55 min

Ingredients

- [ ] 2 tbsp olive oil, divided (1 tbsp for the okra, 1 tbsp for the masala)
- [ ] 7 cups sliced okra, ½-inch rounds, ends trimmed
- [ ] 2 medium onions, diced
- [ ] 1 tsp ground ginger
- [ ] 1 tsp garlic powder
- [ ] 2 tsp ground coriander
- [ ] 1 tsp ground cumin
- [ ] ½ tsp ground turmeric
- [ ] ¼ tsp cayenne pepper
- [ ] 1 can (14.5 oz) no-salt-added diced tomatoes, with their juice
- [ ] ½ cup water
- [ ] ¾ tsp salt
- [ ] 2 tbsp lemon juice
- [ ] ¼ cup cilantro, chopped

Method

1. Heat the oven to 425 °F. Rinse the okra, then dry every pod with a clean towel; wet okra turns slick. Trim the ends and slice into ½-inch rounds.
2. Toss the okra with 1 tbsp of the oil on two rimmed sheets, one layer each. Roast 18 to 22 minutes, turning once at the 10-minute mark, until the edges are browned and a round is tender but not mushy.
3. While the okra roasts, heat the other tbsp of oil in a wide pan over medium heat. Cook the onions 8 to 10 minutes, stirring now and then, until soft with golden edges.
4. Stir in the ginger, garlic powder, coriander, cumin, turmeric and cayenne. Keep stirring for 30 seconds, until they smell warm.

- [ ] 3 cups cooked brown rice, for serving (¾ cup a bowl)

5. Add the tomatoes with their juice and the water. Simmer uncovered, stirring often, 12 to 15 minutes, until the sauce is thick enough that a spoon drawn across the pan leaves a trail.

6. Fold in the roasted okra and cook 1 to 2 minutes, just long enough to coat it. Take the pan off the heat and stir in the salt, lemon juice and cilantro.

7. Spoon over ¾ cup of hot cooked brown rice for each bowl. Cool leftovers within 2 hours (1 hour if it is above 90 °F out), then refrigerate. Reheat to 165 °F, stirring.