

**Indian Crispy Bhindi Okra**

Equipment Needed: Knife, Measuring Utensils, Skillet, Drying Surface

Ingredients:

12 ounces Baby Okra (Bhindi)

3 Tablespoons Avocado OR Olive Oil

½ teaspoon Cumin Seeds OR Cumin

1 Onion, Diced

1 Serrano Pepper, Minced

2 Garlic Cloves, Minced

½ inch Ginger, Minced

¼ teaspoon Turmeric

¼ teaspoon Sea Salt OR Pink Himalayan Salt, as needed

¼ teaspoon Coriander

Directions:

1. Slice Okra into Rounds, spread onto paper towels (drying surface).

2. Melt 2 Tablespoons of Oil on Medium High Heat.

3. Add Cumin until brown, then add Onions and Serrano Pepper.

4. Saute’ for 10 minutes or until Onions brown. Add Garlic, Ginger, and Spices, mix well.

5. Reduce Heat to Medium and add remaining Oil and Okra. Stir Fry for 10-12 minutes or until Okra is dry and crispy. Serve and Enjoy!