



Stir-Fried Okra and Onion

Ingredients

- 500 g Baby okra, thawed
- 1 tbsp Vegetable Oil
- 250 g Onion
- 15 g Ginger
- 60 g Green chili, chopped
- 35 g MAGGI® Indian Masala Mix
- 1 cup Water
- 10 g Coriander leaves, chopped

Instruction

1. Trim okra, cut lengthwise and sauté in hot oil until soft, remove and reserve on a separate plate. Add onions to the same pan using the remaining oil and sauté until golden.
2. Add ginger paste, garlic paste, green chili, MAGGI® Indian Masala Mix, water and return cooked okra to the pan.
3. Simmer for 5 minutes over medium heat until onion and okra are coated with sauce. Garnish with coriander leaves and serve.

Nutrition

Carbohydrates	84.78 g
Energy	519.18 kcal
Fats	17.79 g
Protein	17.24 g

25 Minutes

1 Servings