



Bamieh Bel Zeit

Ingredients

- 1 large Onion, chopped
- 3 tbsp MAGGI® Coriander & Garlic Cooking Paste
- 3 tbsp Olive Oil
- 500 g Frozen okra
- 3 large Tomatoes, chopped, or 1 can of chopped tomatoes.

Instruction

1. In a medium pot, heat the olive oil, sauté the onion, and cook until golden.
2. Combine okra, MAGGI® Coriander & Garlic Spice Mix, olive oil, tomato, cumin and chili flakes in the oven bag and gently toss to coat.
3. Place tray in preheated oven and cook for 50 mins until okra is fork tender
4. Add the chopped tomatoes along with MAGGI® coriander and garlic paste, and simmer for around 30 minutes.
5. Serve with warm flat breads.

Nutrition

Carbohydrates	16.07 g
Energy	144.94 kcal
Fats	7.94 g
Protein	2.68 g

35 Minutes

6 Servings