



## Bamieh - Okra

### Ingredients

- 600 g Lamb fillet, cubed
- 1 tbsp Olive oil
- 3 tbsp MAGGI® Coriander & Garlic Cooking Paste
- 400 g Tomato Paste
- 2 cups Water
- 400 g Baby okra, thawed
- 2 tbsp Lemon juice

### Instruction

1. In a deep frying pan, sear lamb in olive oil over medium-high heat until golden.
2. Add 3 tbsp.MAGGI® Coriander & Garlic Cooking Paste and continue to cook for 2 minutes.
3. Add tomato passata, water, and okra and cook for another 20 minutes until lamb is fully cooked and okra is soft.
4. Transfer to a serving dish and add a squeeze of fresh lemon juice. Serve alongside flat bread or white rice.

### Nutrition

Carbohydrates	21.91 g
Energy	409.57 kcal
Fats	26.77 g
Protein	20.74 g

30 Minutes

6 Servings