

Tomato and Okra Curry

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/okra-with-tomatoes-indian-recipe>

Ingredients:

- 1 pound frozen okra
- 6 tomatoes large size ripe, cut into large chunks
- 12 curry leaves
- 2 pieces pandan leaves
- 1 piece cinnamon stick
- 1 onion medium, sliced
- 3 green chilies or green bell pepper diced
- 1 inch ginger grated
- 3 cloves garlic grated
- 1 teaspoon cumin seed
- 1 teaspoon black mustard seeds
- 1 teaspoon seeds fennugreek, optional
- red chili flakes to taste
- 1 teaspoon sugar optional add if tomatoes are tart.
- 1/2 teaspoon turmeric powder
- red chili powder to taste
- salt to taste
- 2 tablespoons canola oil