

View from the Fridge – Recipes from Brian Donkin

Recipe # 99 – Mediterranean Style Okra

Preparation time: 2 mins Cooking time: 5 mins

Ingredients:

250gms Okra

2 tblspns olive oil

Wine glass of tomato concasse (see www.leithlinks.co.uk for recipe)

salt and pepper to taste

Method

1. Top and tail okra and cut into 3cm (approx) lengths (see photo below)
2. Heat frying pan, add oil and okra, cover frying pan with lid and toss in pan on full heat for 4 minutes
3. Add tomato concasse, bring to boil and serve immediately

Serves 2

