Sauces / China

Warm chickpeas and okra dip · China

A smooth cooked-pulse and vegetable dip with China-inspired seasonings, enough for four diners.

Time 30 min **Servings** 4

What you'll need.

- ☐ 480 g drained cooked chickpeas
- ☐ 30 ml neutral cooking oil
- ☐ 100 ml water
- ☐ 10 g finely grated fresh ginger
- ☐ salt and pepper to taste
- ☐ 350 g okra
- ☐ 25 ml lemon juice
- ☐ 25 ml soy sauce
- ☐ 15 ml rice vinegar

Let's make it.

01 Clean and chop the vegetable, then boil or steam until completely tender. Drain well.

02 Rinse the cooked pulses and heat with the water until piping hot.

03 Carefully blend with the cooked vegetable, oil, lemon juice and listed flavourings, adding warm water if needed.

04 Serve warm as part of a meal. Cool any leftovers promptly and refrigerate.

AI-developed, not kitchen-tested.

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