Main dishes / India

white beans and okra skillet · India

A savoury India-inspired Studio variation with okra, drained cooked white beans and a fragrant finish.

Time 35 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 600 g drained cooked white beans
- ☐ 180 ml low-salt vegetable stock
- ☐ 3 g ground coriander seeds
- ☐ salt and pepper to taste
- ☐ 30 ml neutral cooking oil
- ☐ 500 g okra
- ☐ 3 g ground cumin
- ☐ 2 g ground turmeric

Let's make it.

01 Clean the okra and cut into small, even pieces. Finely chop the onion.

02 Heat the oil and soften the onion for five minutes. Add the okra and cook for a few minutes.

03 Add the stock, cover and simmer for 10 minutes until the vegetables are tender.

04 Rinse and drain the drained cooked white beans, then heat until piping hot throughout.

05 Combine the cooked main ingredient with the vegetables. Stir in the ground cumin, ground coriander seeds, ground turmeric and taste before serving. Serve straight away.

AI-developed, not kitchen-tested.

Recipe & provenance DVS Recipe Studio / DVS Recipe Studio · AI-developed variation / CC0 1.0.
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