Curried Okra

Ingredients

- 12 ounces okra
- 1 tablespoon cooking oil, such as olive or coconut oil
- 1 small onion, finely chopped
- 3 cloves garlic, minced
- 1 teaspoon freshly grated ginger
- 2 sprigs fresh thyme, or ½ teaspoon dried
- 1 small tomato, chopped
- 2 tablespoons curry powder
- Corn (optional)
- 2 tablespoons curry powder
- ¼ teaspoon ground allspice
- 1 Scotch Bonnet pepper, or ¼ teaspoon cayenne pepper
- 1 cup coconut milk, fresh or canned
- ¼ cup water
- 1 teaspoon salt, or season to taste
Instructions

1. Place okra in a colander and rinse under cold running water.
2. Cut off the stems of the okra using a sharp knife. Set aside.
3. Heat oil in a large saucepan over medium-high heat. Add onion, garlic, ginger and thyme, and cook stirring until the onion is soft, about 2 minutes.
4. Stir in tomato and cook for one minute.
5. Add curry powder, allspice, Scotch Bonnet pepper and stir. Cook for one minute.
6. Add okra and stir to coat with seasonings.
7. Stir in coconut milk, water, and salt to taste. Bring the curry to a boil.
8. Cook for about 10 minutes or until okra is tender.
9. Check the seasoning and add extra salt if necessary. Serve with rice or quinoa.