



A fun way to cook and enjoy okra – also known as 'ladies fingers'.

**COOKING TIME: 30 MIN**

**CALS 808 | PROT 50.1G | CARBS 53.9G | FAT 45G**



## TIPS FOR FUSSY EATERS

Prepare a small patty and serve the burger with mildly spiced okra...it's just like fries but so much better for you!

## PRO TIP

Okra is low-calorie. A 100-gram serving of okra contains only 30 calories and zero saturated fats and cholesterol.

## INGREDIENTS

	FOR 2	FOR 3	FOR 4
Minced meat	350g	525g	700g
Red onion	1	1	2
Vegetable stock cube	1/2	3/4	1
Turmeric powder	3g	4g	5g
Chili powder	2g	3g	4g
Garam Masala	3g	4g	5g
Paprika powder	4g	5g	6g
Garlic cloves	2	3	4
Fresh ginger	30g	45g	60g
Lemon	1	1	2
Yogurt	100g	150g	200g
Fresh coriander	10g	15g	20g
Okra	200g	300g	400g
Almond flour	50g	75g	100g
Corn flour	60g	90g	120g
Boiling water	100ml	150ml	200 ml
Milk	150ml	225ml	300ml
Apple Vinegar	3g	4g	6g



## 1 PREP

Wash the **lemon** and gently grate some of the skin into the **yogurt**. Stir and refrigerate. Chop the **onion**, mince the **garlic** and **ginger**.



## 2 FRY THE ONIONS

Heat a small spoon of **oil** in a pan (with lid preferably) over medium high heat. Add the **onions** and cook and stir for 5-7 minutes until evenly browned. Add **garlic** and **ginger**. Cook for another 2 minutes.



## 3 ADD BEEF

Then add the **beef** and cook until browned. Sprinkle the **turmeric** and chili and season with **salt** and pepper. Add the **stock cube** and the boiling **water**. Cover and let it simmer for 15 minutes stirring occasionally. The **water** should be fully absorbed, if not, cook a little longer.



## 4 PREP THE OKRA

While the **meat** is cooking, wash and clean the **okra** and cut into small 1.5-2cm pieces. Mix the **milk** and **vinegar** together in one bowl. Mix the **almond flour**, **corn flour**, **paprika** and **salt** in another. Dip the **okra** first in the **milk**, then in the **flour**.



## 5 FRY THE OKRA AND SERVE

Fry in a large pan with the bottom covered in **oil**. Use high heat. Stir or toss gently until the **okra** is nicely browned and crispy. You can remove the excess **oil** by pouring the ready **okra** onto a kitchen paper towel before serving. Serve the dry sooka keema with the **okra** and **lemon yogurt**.

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