



Fried Okra Slices

Why not try a vegetable you maybe would not normally have. Okra is great source of vitamins and minerals and especially fibre. Fibre has so many important roles in keeping us healthy including lowering our risk of heart disease, diabetes and colorectal cancer.



Ingredients

- 175g sliced okra
- Pinch of salt
- Pinch of pepper
- ½ tbs vegetable oil

Method

1. Cut the tip and base of okra, wash the okra and slice lengthwise
2. Leave to dry on chopping board or paper towel for 30min
3. Heat frying pan and add vegetable oil
4. Add okra with salt and pepper and fry on high heat for 5 minutes
5. Fry for another 5-7 min on medium to low heat
6. Remove from heat and enjoy this whole portion

Nutrition per portion - 92g

Energy	Fat	Saturates	Sugars	Salt	Protein	Carbs	Fibre
100kcal	7.5g	0.8g	3.7g	0g	3.7g	4.3g	4.8g
5%	11%	4%	4%	1%	7%	2%	-

% of an adult's reference intake

If you enjoy the recipes, let us know email: rowettnews@abdn.ac.uk