

MARIAMSHIBLY

Pakistani Veggie Sabzi Recipe

SIMPLE RECIPE

Ingredients

Makes about 2-3 servings

- 1 half bag of frozen okra pre-cut
- 1 half bag of frozen mixed veggies
- 2 organic tomatoes - diced
- 1 red/orange organic bell pepper - roughly chopped
- 1 purple onion - diced
- 5-6 garlic cloves - peeled and minced
- 1 bunch of cilantro - chopped
- 4-5 curry leaves
- 1-2 tbs tomato paste
- 1 can of refried beans (optional)
- 1 tbs cumin seeds
- 1/4 cup vegetable broth
- 1 tbs olive oil
- 1 tsp cumin, turmeric, coriander
- 1/2 tsp red chili pepper spice
- salt and pepper to taste



Directions

1. Heat 1 tsp oil in medium saucepan on medium-high heat
2. Add frozen okra to saucepan and cook until tender and slime-free. Put in a bowl for later (takes about 10 min)
3. Sauté onions and cook until translucent (use vegetable broth instead of olive oil)
4. Add 1 tsp olive oil to saucepan add curry leaves (cook until fragrant)
5. Add 1 tbs cumin seeds and let it dance in the oil
6. Add garlic and bell peppers, 1 tsp of coriander powder, 1 tsp of red chili pepper, 1 tsp of turmeric, 1 tsp of cumin powder and mix
7. Add 1-2 tbs of refried beans, dilute little by little with vegetable broth and stir it in
8. Add 1 tbs of tomato paste (add 1/2 tbs more if you like more tomato flavor) and mix
9. Add chopped tomatoes (I like to cut each tomato into 8ths) and let it sauté on top
10. Add chopped cilantro, sprinkle of salt and pepper and stir. Voila, you've got Pakistani style veggie sabzi to eat with rice or our favorite Malaysian parhata!

Notes

- you can use any frozen vegetables like squash, zucchini, green beans, peas.
- you can also substitute the okra for roasted eggplant or cabbage as well
- add chili pepper flakes to make it spicier
- refried beans gives you more plant protein and creamier texture
- if it ends up being too diluted, add more cumin + turmeric + coriander
- roast the garlic cloves to give it a smokier taste
- add a squeeze of lemon juice for a fresher taste
- pair with quinoa, rice or naan/roti.