



Okra Baked with Tomatoes

Ingredients

1kg fresh okra
300ml white vinegar
250g shallots peeled and thinly sliced length ways
150g green capsicums split, deseeded, cut lengthways into strips
500g roma tomatoes, peeled deseeded and finely chopped
2 table spoons chopped parsley
130ml olive oil
Sea salt and black pepper

Method

1. Pre heat oven to 180°
2. Trim the stems of the okra without opening the pods place in a large bowl with the vinegar and toss, let sit for at least 30 minutes up to 1 hour. Drain and wash off vinegar and spread out in one layer in a large roasting tray.
3. Spread the shallots, capsicum and tomato over the okra and sprinkle with the parsley.
4. Bake in the oven for 40 minutes, let cool and serve at room temperature.

Hear Chef Michael on 2NURFM Wednesday mornings at 11.20 for the latest tips on food.

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