



The 5 Ingredient Collection

SPICY OKRA SALAD

#myshangrila

Recipe by Executive Chef Andreas Haugg, Republik Beach Club & Grill, Shangri-La's Le Touessrok Resort & Spa, Mauritius

INGREDIENTS

Serves 4

Okra / Ladyfinger	400g
Red onion	1
Large tomato	1
Fresh red chili	1
Extra virgin olive oil	100ml

RECIPE

- 1 Boil some water with a pinch of salt.
- 2 Trim off the tip of the okras. Remove any dark spots.
- 3 Boil the okra in the water for 3-5 minutes until desired softness.
- 4 Cool down the okras in ice water. Drain and dry on a paper towel.
- 5 Blanche the tomato in boiling water for approximately 10 seconds. Cool down in ice water and then peel the skin off.
- 6 Cut the tomatoes in half and remove the seeds. Chop into small pieces and dry on paper towel.
- 7 Peel the red onion and slice it into fine strips.
- 8 Cut the chili in half and slice into thin strips.
- 9 Mix all ingredients in a bowl, season with salt, black pepper and extra virgin olive oil.

TIPS

- You can enhance the salad with marinated sardines or octopus.