**Okra Stir Fry with Coconut**

Prep time: 10 min Cook time: 15 min

**Ingredients:**

* 250g (2 cups) fresh okra (bhindi), chopped
* 2 tbsp coconut oil
* 1/2 tsp mustard seeds
* 1/2 tsp cumin seeds
* 1 dried red chili (optional)
* 1 sprig curry leaves
* 1/4 tsp turmeric powder
* 1/2 tsp red chili powder (adjust to taste)
* 1/2 tsp low sodium salt (adjust to taste)
* 1/4 cup grated fresh coconut
* 1 tsp lemon juice (optional)

**Instructions:**

**Prep the Okra**

1. Wash and dry the okra completely before chopping to prevent sliminess.
2. Cut into small rounds.

**Tempering the Spices**

1. Heat coconut oil in a pan over medium heat. Add mustard seeds and let them splutter.
2. Add cumin seeds, dried red chili, and curry leaves.
3. Sauté for a few seconds until aromatic.

**Cooking the Okra**

1. Add chopped okra and sauté on medium heat for 5 minutes.
2. Stir occasionally to avoid sticking.
3. Add turmeric powder, red chili powder, and salt.
4. Mix well and cook for another 7-8 minutes, stirring occasionally, until the okra turns soft and slightly crispy.

**Finishing Touch**

1. Add grated coconut and mix well. Sauté for another minute, then turn off the heat.
2. Optionally, squeeze lemon juice for extra freshness.
3. Serve hot with steamed rice and sambar or enjoy as a side with chapati.