

Vegan Monday: Pan-fried Okra - Crunchy, Lemony And Lovely

Ingredients:

Difficulty: Easy

(serves 4, as snack)

250 gr. fresh (or frozen) okra, washed well and patted dry

juice of 2 lemons

2 tbsp olive oil

2 tsp granulated white sugar

salt & pepper to taste

Instructions:

1. Put the okra in a bowl and pour lemon juice. Make sure all okras get the lemon juice. Let them soak in lemon juice for 10 minutes.
2. Drain soaked okra through a strainer - **KEEP THE LEMON JUICE!**
3. Heat olive oil in a medium pan on medium high heat for half a minute. Toss in the okras and cook for 2 minutes, shaking the pan often.
4. Add sugar and continue cooking & shaking for about 2 more minutes.
5. Add lemon juice that you kept, continue cooking & shaking for about 3-5 minutes, until okras are cooked and ok to eat but still keep their bite.
6. Add salt and pepper, cook & shake for half a minute and then transfer to a serving dish / bowl with a slotted spoon or spatula. Enjoy!