Roasted Okra with Toasted Almonds

Roasting whole keeps okra from turning slimy — the edges catch and crisp while the inside stays tender.

PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
10 min	**35 min**	**45 min**	**4**	**EASY**

Ingredients

- 150 g okra (washed and left whole)
- 1 lime (halved)
- 1 tsp sweet paprika
- 1 tsp sea salt
- 1 pinch black pepper
- 1 tsp dried rosemary
- 10 almonds (crushed)
- 1 tbsp olive oil

Method

1. Heat the oven to 220°C (fan 200°C).
2. Toss the okra with the olive oil, paprika, rosemary, salt and pepper on a baking sheet.
3. Add the lime halves cut-side down alongside.
4. Roast for 30–40 minutes, until golden and blistered.
5. Scatter with the crushed almonds — toast them briefly in a dry pan first if you have a moment.

Tips & swaps

- Squeeze the roasted lime over the okra just before serving.

Storage & reheating

Best eaten fresh.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
90	**3g**	**6g**	**6g**	**3g**

Estimated values, for guidance only. Contains: Tree nuts (almonds).