



Wok-Fired Okra Sambal

READY IN

ready

20 min.

SERVINGS

servings

4

CALORIES

calories

204 kcal

SIDE DISH

Ingredients

- ☐ 4 servings jalapeño chile pepper red julienned for topping
- ☐ 4 servings kosher salt
- ☐ 2 pounds okra trimmed
- ☐ 1.5 teaspoons oyster sauce
- ☐ 4 servings pepper freshly ground
- ☐ 1 tablespoons fried shallots
- ☐ 0.5 cup sugar
- ☐ 2 tablespoons vegetable oil for frying plus more
- ☐ 0.3 cup sambal oelek Asian chili paste

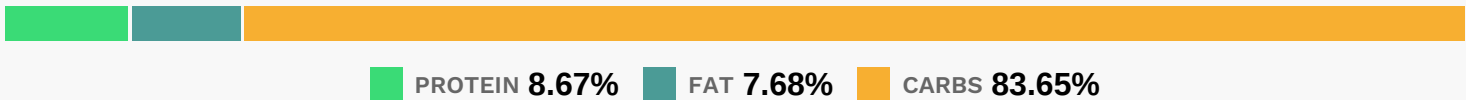
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ kitchen thermometer
- ☐ wok
- ☐ slotted spoon
- ☐ skimmer

Directions

- ☐ Heat the peanut oil in a wok or skillet over medium heat.
- ☐ Add the chili paste and fry, stirring, about 3 minutes.
- ☐ Add 2 tablespoons salt and all but 1 teaspoon of the sugar and cook until the sugar begins to caramelize, about 5 minutes.
- ☐ Heat about 4 inches peanut oil in a medium pot over medium-high heat until a deep-fry thermometer registers 375 degrees F. Working in batches, fry the okra until bright green, about 30 seconds, then remove with a wire skimmer or slotted spoon and shake off the excess oil.
- ☐ Add the okra to the wok with the chili sauce and toss about 1 minute.
- ☐ Add the oyster sauce, 1/2 teaspoon pepper and the remaining 1 teaspoon sugar and toss 30 more seconds.
- ☐ Transfer to a serving bowl and top with the shallots and chile pepper.
- ☐ Photograph by Yunhee Kim

Nutrition Facts



Properties

Glycemic Index:52.27, Glycemic Load:20.68, Inflammation Score:-9, Nutrition Score:23.588695221621%

Flavonoids

Quercetin: 47.56mg, Quercetin: 47.56mg, Quercetin: 47.56mg, Quercetin: 47.56mg

Nutrients (% of daily need)

Calories: 204.46kcal (10.22%), Fat: 1.94g (2.98%), Saturated Fat: 0.28g (1.73%), Carbohydrates: 47.52g (15.84%),
Net Carbohydrates: 40.05g (14.56%), Sugar: 30.09g (33.43%), Cholesterol: 0mg (0%), Sodium: 275.16mg (11.96%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.93g (9.85%), Manganese: 1.81mg (90.59%), Vitamin K: 74.02µg
(70.49%), Vitamin C: 56.53mg (68.52%), Folate: 139.22µg (34.8%), Vitamin A: 1667.98IU (33.36%), Magnesium:
132.34mg (33.09%), Vitamin B1: 0.47mg (31.43%), Fiber: 7.47g (29.88%), Vitamin B6: 0.53mg (26.46%), Potassium:
755.91mg (21.6%), Calcium: 191.98mg (19.2%), Phosphorus: 149.8mg (14.98%), Copper: 0.28mg (13.97%), Vitamin B3:
2.59mg (12.96%), Vitamin B2: 0.16mg (9.24%), Zinc: 1.36mg (9.08%), Iron: 1.61mg (8.95%), Vitamin B5: 0.57mg
(5.67%), Vitamin E: 0.78mg (5.17%), Selenium: 2.06µg (2.95%)