Okra pods with mustard

Recipe by V-ZUG Ltd.

Preparation	20 Mins
Resting time	2 Hrs
Cooking time	5 Mins

Preparation

12 okra pods

1 pinch of salt

1 tbsp mustard, coarse-grain

1 tsp honey

1 tbsp Japanese rice vinegar

Chilli flakes, dried

Wash, top and tail the okra pods. Put all the ingredients into a vacuum bag and vacuum seal it on level 3.

Leave the bag to rest in the refrigerator for at least 2 hours. Serve cold.

Accessories

Vacuum bag

Additional information

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