

Blistered Okra and Tomatoes

Ingredients

- 500 g organic okra, well dried and stems trimmed (careful not to open pods and expose the seeds)
- Avocado, grapeseed or olive oil
- Juice from one whole lemon
- Sea salt
- Za'atar seasoning mix (make your own or order this one)
- 12 -15 organic cherry tomatoes

Directions

1. Preheat the oven to 425 degrees F.
2. Heat cast iron skillet over medium to high heat.
3. Add one layer of okra and dry roast until skins begin to blister, shaking pan so that all sides of the okra begin to color.
4. Continue until all have been lightly roasted, moving each completed batch to a sheet pan lined with parchment paper and drizzled with oil.
5. Add whole cherry tomatoes.
6. Sprinkle with seasoning, salt and lemon juice.
7. Using your hands, see that the veggies are covered with oil and seasonings.
8. Place the pan in the preheated oven for 15-18 minutes or until cherry tomatoes begin to color and collapse.

Serve and enjoy!