

Exquisite...

Bamia - Okra Sauce



**TERRA
ROSSA**

Winner of 62 Great Taste Awards
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Bamia - Okra Sauce

About this Sauce

- A firm favourite in the Middle East, Bamia, Arabic for Okra, is a combination of fresh okra, tomatoes, loads of garlic, coriander and a touch of chillies.
- Naturally sweetened with pomegranate molasses, Bamia is deliciously firm, bursting with flavour and preserved with the very best extra virgin olive oil.
- In the Middles East, it's almost always cooked as a lamb or beef stew but we love it the vegetarian way. Simply heat up the content of the jar and enjoy with freshly cooked rice, noodles, grains such as bulgur or Freekeh with a sprinkle of chopped fresh coriander leaves.
- It's really tasty scooped up with freshly baked flatbread or tucked inside it with boiled eggs, a smidgen of yoghurt for a snack at any time of day – and for those who like it hot, simply add a dash of Dukka Harissa.
- For those who care about their well-being, studies show that it's loaded with vitamins especially K and A, soluble fibres, vital minerals and protein - even our ancestors were well aware of that - including Cleopatra.



Ingredients

Okra, Red Onion, Garlic, Red Chilli, Fresh Coriander, Garlic Oil, Preserved Lemons, Baharat, Pomegranate Molasses, Black Pepper, Sumac, Salt, Tamarind, Date Molasses, Coriander Powder & Cumin.

Care Instructions

Every jar is topped with olive oil. Store in a cool dry place away from sunlight. Once opened top up with oil, keep refrigerated and consume within 2 weeks.

About Terra Rossa Sauces



Terra Rossa brings you a delicious range of Great Taste Award-Winning products of UK-made Arabian sauces, relishes and spreads infused with a wide range of Jordanian, Palestinian and Lebanese ingredients.

These versatile sauces simply transform the taste of anything they touch. They are ready to eat straight from the jar with fresh bread or crudit , as a stir-through or marinade ,as toppings for any fresh dip and shared with friends as part of a Mezze.

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