

Filipino Vegetable Stew

over Jasmine Rice with Crispy Okra

This recipe is based on pinakbet, a steamed vegetable dish from the Philippines.

Many different vegetables can be used to make pinakbet, including tomato, okra, long beans, and bitter melon. In place of bitter melon, which is an acquired taste, we used mo qua squash, also called fuzzy gourd or winter melon. Its mild flavor is similar to zucchini and is perfect for soaking up the aromatic ginger and garlic.



Ingredients

- ¾ Cup Jasmine Rice
- 4 Cloves Garlic
- 4 Ounces Long Beans
- 2½-Inch Piece Ginger
- 2 to 3 Ounces Okra
- 2 Eggs
- 1 Banana Pepper
- 1 Mo Qua Squash
- 1 Onion
- 1 Tomato
- ½ Cup All-Purpose Flour
- ½ Cup Panko Breadcrumbs
- 1 Cup Vegetable Broth
- 1 Lemon

Makes 2 Servings

About 670 Calories Per Serving

Instructions



1

Cook the rice:

In a small pot, combine the **jasmine rice**, **1½ cups of water**, and a **pinch of salt**. Heat to boiling on high. Cover, reduce the heat to low, and simmer about 20 minutes, or until all the water is absorbed.



2

Prepare your ingredients:

While the rice cooks, wash and dry the fresh produce. Peel and mince the garlic and ginger. Cut the long beans into 2-inch lengths. Cut the okra in half lengthwise. Crack the eggs into a bowl and whisk to blend. Peel and cut the mo qua squash into quarters lengthwise. Cut away some of the seeded center, then large dice it. Peel and small dice the onion. Slice the banana pepper into rounds. Large dice the tomato.



3

Prepare the okra:

Place the **flour** and **panko** into 2 separate shallow dishes. Place the **okra** in the flour and toss to coat. Dip each piece of okra in the **egg**, then coat in the panko, pressing if necessary to ensure the crumbs adhere.



4

Make the vegetable stew:

In a large pan, heat some oil on medium-high until hot. Add the **ginger**, **garlic**, and **onion**. Cook 2 to 4 minutes, or until softened completely, stirring. Add the **mo qua squash** and **banana pepper** and season with salt and pepper. Cook 1 to 2 minutes, stirring occasionally. Stir in the **tomato** and **long beans** for about 1 minute. Add the vegetable broth and increase the heat to high. Simmer 8 to 10 minutes, or until the mixture thickens slightly. Season with salt and pepper to taste. Transfer the vegetables to a bowl.



5

Cook the okra:

Wipe out the pan used for the vegetables. Heat a layer of oil on medium-high until hot. Add the **okra** to the hot oil and cook 1 to 2 minutes per side, or until golden brown and crispy. Transfer to a paper-towel-lined plate and season with salt.



6

Plate your dish:

Divide the rice and vegetable stew between 2 plates. Squeeze some lemon juice over the vegetables. Top each with half the crispy okra. Serve with lemon wedges. Enjoy!