



# Okra pods with mustard

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制备过程 20 分钟  
等待时间 2 小时  
烘烤的时间：烘烤时间取决于机器 5 分钟

## 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.

## 配件

Vacuum bag

## 附加信息

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