

*Exquisite...*

Bamia Okra, Tomato &  
Garlic Sauce



TERRA  
ROSSA

Winner of 74 Great Taste Awards  
[www.terra-rossa.com](http://www.terra-rossa.com)



# Bamia Okra, Tomato & Garlic 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 Middle 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 (For allergens see ingredients in BOLD & CAPS)

Tomatoes, Okra, Red Onion, **GARLIC**, Chillies, Fresh Coriander, Garlic Oil, Preserved Lemon, Baharat, Pomegranate Molasses, Black Pepper, Sumac, Salt, Tamarind, Date Molasses, Coriander, Cumin.

## Care Instructions

Every jar is preserved with olive oil. Store in a cool dry place away from sunlight and below 20°C. Once opened top up with olive oil, keep refrigerated and consume within 2 weeks.

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## 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 crudité, as a stir-through or marinade, as toppings for any fresh dip and shared with friends as part of a Mezze.