

Eggplant Curry

14 ingredients · 20 minutes · 4 servings



Directions

1. Melt coconut oil in a large pan over medium heat.
2. Add onion and cook until softened.
3. Add garlic, grated ginger and chillies.
4. Add mustard seeds, cumin seeds, coriander, curry leaves, tomato paste or puree and tamarind paste and stir to mix through.
5. Add eggplant cubes and season with Salt and Pepper.
6. Once heated through add the coconut milk and a little water to wash out the can. Bring to the boil and then reduce the heat to a gentle simmer for around 20 minutes.
7. Service with Basmati Rice or Wild Rice or Cauliflower rice.

Ingredients

- 2 Eggplant (medium sized, sliced and diced into cubes)
- 2 Yellow Onion (sliced)
- 2 Garlic (large cloves, minced)
- 1 **tbsp** Ginger (freshly grated)
- 2 Green Chili Pepper (red or green, hot or mild)
- 1 **tbsp** Coriander (ground)
- 1 **tsp** Mustard Seeds
- 1 **tsp** Cumin (seeds)
- 6 **leaves** Curry Leaves (fresh)
- 1 **tbsp** Coconut Oil
- 1 **tbsp** Tamarind (paste or puree)
- 2 **tbsps** Tomato Paste (or 1 cup of passata)
- 1 **1/2 cups** Organic Coconut Milk (whole can)
- 1 **tsp** Sea Salt & Black Pepper