



EGGPLANT AND TOMATO CURRY

ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts

Prep time: 15 mins

Cook time: 30 mins

Serves: 4



INGREDIENTS

- 500g small eggplants
- 4 large tomatoes
- 150mls olive oil
- 1 tsp cumin seeds
- 1 clove garlic, crushed
- 1 tbsp garlic chives, chopped
- 1 tsp - 1 tbsp red chilli
- 1 tbsp coriander
- 1 tbsp tumeric powder
- 1 tbsp pink salt
- ½ tbsp black pepper
- 150 mls water

METHOD

- Chop eggplants into 1cm cubes, and place into a bowl of water.
- Chop tomatoes into thumb size cubes and fry in a little of the oil, with a pinch of the salt.
- Heat oil in frying pan, add cumin seeds, crushed garlic and garlic chives.
- Add drained eggplants and tomatoes and mix well, cover and cook for 5 minutes.
- Mix chilli, coriander, tumeric powder, salt and pepper together with the water in a bowl.
- Add spice mixture into the pan and stir to combine.
- Cover and cook for 20 minutes, stirring every 5 minutes.
- When oil starts to separate, this dish is ready.