



Aubergine Curry

Ingredients

Serves 8

2 kg aubergines, chopped 1x2 cm pieces
1 onion, chopped
2 garlic cloves, chopped or mashed
1 piece ginger (1cm), well chopped
1 tin chopped tomatoes (or a few fresh)
1 handful chopped spinach (optional)
1 tbsp spice mixture
1 cup water
1 tsp salt
oil
1 tbsp {panch puran}
1 tbsp coriander powder
1/2 tbsp cumin
1 tbsp garam masala
1 tsp turmeric
2 tsp paprika
1 tsp chilli powder

Method

Prep Time: 40

Deep fry the aubergines in very hot oil until golden-brown
Place the fried aubergine in a sieve (colander) to drain (or use lots of paper towel)
Fry the onion in just enough oil in your favourite pan or wok, until golden.
Add the panch puran seeds, garlic and ginger, fry for 2 minutes.
Stir in the spice mixture.
Stir in the tomatoes, add water and salt (and spinach), simmer for 10 minutes
When the aubergines are drained, gently fold them into the tomato sauce.

Tips Fry the aubergines and stand in a colander to drain as much oil as possible