

eggplant bhurtha

prep: 15m
bake/stove: 50m

serves: 6-10

ingredients:

1 eggplant
2 tbsp vegetable oil
1/2 tsp cumin seeds
1 tsp chopped ginger
1 large tomato, diced
1-2 tsp minced garlic
1/2 tsp turmeric
1/2 tsp cumin
1/4 tsp cayenne pepper
1/2 tsp salt
1/2 tsp black pepper
1/4 cup chopped cilantro

notes:

✓ vegan friendly

instructions:

- cover eggplant with oil, broil 30 min, or until skin blisters, turn as needed
- cut eggplant in half and scoop out flesh
- discard skin and chop flesh
- heat oil in a skillet add cumin seeds
- when seeds brown, add ginger, garlic, cook and stir til tender
- add tomato, and remaining spices, cook and stir
- when excess moisture evaporates, garnish with cilantro and serve

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