

AUBERGINE CURRY

Ingredients

- large aubergine
- 2 tablespoons vegetable oil
- 1 teaspoon cumin seeds
- 1 medium onion, thinly sliced
- 1/2 tablespoon minced ginger root
- 1/2 tablespoon minced garlic
- 1 tablespoon curry powder
- 1 tomato, diced
- 2 tablespoons full fat Greek plain yoghurt
- 1 fresh green chilli, finely chopped
- 1 teaspoon salt
- Half bunch fresh coriander, finely chopped



Method:

1. Preheat oven to 230 C / Gas mark 8.
2. Place aubergine on a medium baking tray. Bake 20 to 30 minutes until tender. Remove from heat and allow to cool, then peel and chop.
3. Heat oil in a medium saucepan over medium heat. Mix in cumin seeds and onion. Sauté until onion is tender.
4. Stir in ginger, garlic, curry powder and tomato, and cook for 1 minute. Stir in yoghurt. Mix in aubergine and chilli, and season with salt. Cover, and cook 10 minutes over high heat.
5. Remove cover, reduce heat to low, and continue cooking about 5 minutes. Garnish with coriander to serve.