DietCloud – Recipe

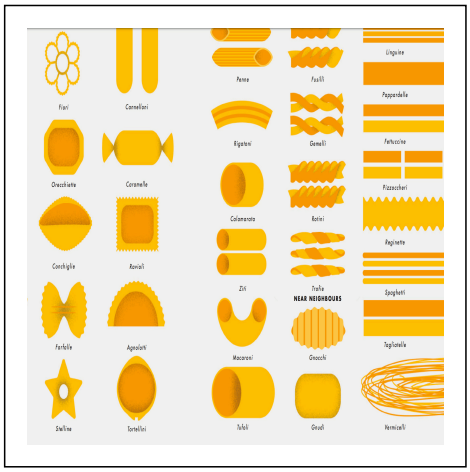
Recipe Name: Recipe Shape Recipe

Diet Type:

Course: Lunch

Cuisine: Indian

Quantity:



Ingredients

Ingredient	Quantity
• 8 Brinjal (Baingan / Eggplant) • 3 Tomatoes • 2 tablespoon Sunflower Oil • 1 teaspoon Cumin seeds (Jeera) • 1/4 teaspoon Asafoetida (hing) • 1/4 teaspoon Turmeric powder (Haldi) • 1 teaspoon Dry ginger powder • 1 teaspoon Kashmiri Red Chilli Powder • 1/2 cup Water • Salt	4

Preparation

• Allow the brinjal pieces to air dry so that moisture is completely absorbed.

• Now, add the chopped tomatoes and cook them until they become soft and turn mushy.

• Add dry ginger powder, chili powder, turmeric powder and salt to the tomato mixture and combine them well.

• Simmer the flame and cook the spicy tomato mixture until oil oozes out from the gravy.

• To the cooked tomato base, add fried eggplants and toss them well with the gravy so the fried eggplants are coated with spicy mixture on all sidesGently sprinkle the required amount of salt on the gravy.

• Cook the eggplant in tomato base for about 3 minutes with the lid opened.

• Switch off the flame.

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Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)