DietCloud – Recipe

Recipe Name: Brinjal Methi Bharta Recipe With Pomagrams

Diet Type:

Course: Lunch

Cuisine: Punjabi

Quantity:



Ingredients

Ingredient	Quantity
• 150 grams Methi Leaves (Fenugreek Leaves) - finely chopped • 1 Brinjal (Baingan / Eggplant) • 2 inch Ginger - peeled and grated • 1 Onion - finely chopped • 1 Tomato - grated • 2 Green Chillies - finely chopped • 1 teaspoon Turmeric powder (Haldi) • 1 teaspoon Garam masala powder • 1 teaspoon Coriander Powder (Dhania) • 1 tablespoon Butter • 1 teaspoon Red Chilli powder • Salt - to taste • 1 tablespoon Sunflower Oil • 1/4 cup Anardana Powder (Pomegranate Seed Powder)	4

Preparation

• To begin making this recipe, we will first saute the chopped methi leaves.

• Heat a teaspoon of oil in a pan, add the chopped methi leaves and stir fry it on medium heat until you notice the leaves shrink and soften.

• Evaporate most of the moisture by turn the heat to high for a few minutes.

• Once most of the water is evaporated, turn off the heat and keep the methi aside.

• Place the brinjal on a baking sheet and place in the preheated oven for about 30 minutes or until the brinjal has started to soften and the outer skin is charred.

• To test, when you insert a knife you will feel it is soft and not hard.
• If hard continue to roast until done.
• Once brinjal is roasted allow the brinjal to cool down.
• Peel the charred skin of the cooled brinjal and discard the skin.
• Coarsely mash the pulp using a fork or mince finely using a knife.

• Add the cumin seeds and allow seeds to crackle.

• Then add the grated tomatoes, turmeric powder, green chillies, coriander powder, garam masala powder and chilli powder.

• Stir in the roasted brinjal, butter and salt.
• Turn the heat to low and simmer the brinjal for about 10 minutes or so until it gets well combined with the tomatoes and spices.

• Check the salt and spices and adjust to suit your taste.

Macronutrients

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