

Recipe Name: Bengaluru Style Brinjal Gravy Recipe - For Biryani

Diet Type:

Course: Side Dish

Cuisine: Karnataka

Quantity: Serves 4



Ingredients

Ingredient	Quantity
• 1 Brinjal (Baingan / Eggplant) - cut into big pieces	1
• 4 Tomatoes	
• 2 Onions - roughly chopped	
• 1 tablespoon Ginger Garlic Paste	1
• 20 grams Tamarind - soaked in hot water	
• 1 teaspoon Mustard seeds	
• 1 tablespoon Whole Black Peppercorns	
• 1/2 tablespoon Jaggery - powdered	
• 1/4 teaspoon Turmeric powder (Haldi)	
• 1/4 teaspoon Red Chilli powder	
• 2 teaspoons Sunflower Oil	
• Salt - as per your taste	
• Coriander (Dhania) Leaves - for garnish	

Preparation

- After 20 minutes extract the pulp of tamarind and keep aside.
- You will need 1/4 cup of tamarind pulp for this recipe.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
540	10	60	24	8	10