

Recipe Name: Safed Achari Baingan Recipe - White Aubergine in pickled spices

Diet Type:

Course: Dinner

Cuisine: Indian

Quantity:



Ingredients

Ingredient	Quantity
• 500 grams Brinjal (Baingan / Eggplant)	4
• 1 Onion - finely chopped	
• 1/2 teaspoon Cumin seeds (Jeera)	
• 1/2 teaspoon Mustard seeds	
• 1 inch Ginger - grated	
• 2 cloves Garlic - grated	
• 1/2 teaspoon Turmeric powder (Haldi)	
• 1 tablespoon Coriander Powder (Dhania)	
• 1 teaspoon Red Chilli powder	
• 1/2 teaspoon Amchur (Dry Mango Powder)	
• 1 Tomato - chopped	
• Salt - to taste	
• 1 Coriander (Dhania) Leaves - finely chopped	
• 1 teaspoon Red Chilli powder	
• 1 teaspoon Mustard seeds	
• 1 teaspoon Cumin seeds (Jeera)	
• 1 teaspoon Fennel seeds (Saunf)	
• 1 teaspoon Kalonji (Onion Nigella Seeds)	
• 1 teaspoon Ajwain (Carom seeds)	
• 1/4 teaspoon Methi Seeds (Fenugreek Seeds)	
• 4-5 Dry Red Chillies	
• Sunflower Oil - for cooking	

Preparation

- To begin making the Achari Baingan Recipe, we will first make the achari masala.
- To prepare marinade for Achari masala, in a pan add mustard seeds, cumin seeds, fennel seeds, nigella seed, carom seeds, fenugreek seeds and dry red chillies.
- Dry roast the spi.



Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
220	4	30	14	6	8

