

Recipe Name: Konkani Style Vengaya Sagle Recipe - Eggplant Drumstick Curry

Diet Type:

Course: Lunch

Cuisine: Konkani

Quantity:



Ingredients

Ingredient	Quantity
• 1 Drumstick - cut into 2 inch long	4
• 4 Brinjal (Baingan / Eggplant)	
• 1 teaspoon Mustard seeds	
• 1 teaspoon Urad Dal Flour	
• Salt - to taste	
• Sunflower Oil	
• 4 tablespoon Fresh coconut	
• 4 Dry Red Chillies	
• 1 tablespoon Coriander (Dhania) Seeds	
• 1 tablespoon White Urad Dal (Split)	
• 18 grams Tamarind	
• 1 tablespoon Jaggery	

Preparation

- Allow the pressure to release naturally and set aside.
- Once they have roasted well and allow it to cool down.
- In a mixer add in the roasted ingredients and the rest of the ingredients (fresh coconut, dry red chillies, tamarind & Jaggery).
- Add a little water and grind it into a smooth paste.
- Heat the same skillet, add oil, and splutter the mustard seeds and urad dal on low heat.
- Then add in the ground paste saute for about 2 minutes.
- Add chopped brinjal and sprinkle with salt and saute for at least 5 more minutes until they soften.
- Check for seasoning and garnish with some coriander leaves and serve warm.



Macronutrients

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