

Recipe Name: Goan Style Brinjal Bharta Recipe

Diet Type:

Course: Lunch

Cuisine: Goan Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1 Brinjal (Baingan / Eggplant)	2
• 2 Onions - finely chopped	
• 2 Green Chillies - chopped	
• 1/2 cup Coriander (Dhania) Leaves - finely chopped	
• 1 tablespoon Tamarind Paste	
• 2 tablespoon Fresh coconut - grated	
• 1 Tamarind - marble sized ball	
• Salt - to taste	
• 1 tablespoon Sunflower Oil	

Preparation

- To begin making the Goan Style Brinjal Bharta Recipe, clean the brinjal and make 4 to 5 slits keeping the brinjal intact.
- Heat oil in a heavy bottomed pan.
- Switch off the pan and apply this oil to the brinjal.
- Once done, put the brinjal in the same pan and cover it with a lid.
- Once it is slightly cooked from the other side, carefully insert the marble sized tamarind ball through one slit and again cover the lid.
- Keep on turning the brinjal till it gets cooked on all sides.
- Once cooked, it will turn brown and will release water.
- After cooling, peel the brinjal and discard the peel.
- Add grated coconut, tamarind paste, salt to taste and mix everything well.



- Once done, add finely chopped coriander leaves, mix well and it is ready to be served.

Macronutrients

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