

Baby Eggplant simmered in Rich Spicy Gravy

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/baby-eggplant-recipe-indian-style>

Ingredients:

- 2 tablespoons oil
- 2 tablespoons cumin seeds
- 2 tablespoons mustard seeds
- 1/4 tablespoon fenugreek seeds
- 4 red chillies dried
- 4 green chillies add more for a more spicier version
- 8 curry leaves
- 8 baby eggplants – 10, slit into 4 keeping the stem intact
- 2 onions medium sized, sliced
- 1 tablespoon garlic paste ginger
- salt to taste
- 2 tablespoons chilli powder
- 1/2 tablespoon turmeric powder
- 2 tablespoons coriander powder
- 1 tablespoon cumin powder
- 1/2 cup yoghurt sour
- 1 tablespoon mint leaves finally chopped
- 1 tablespoon coriander finally chopped , and few more for garnishing
- oil for frying eggplants
- 1 tablespoon peanuts
- 1 tablespoon dry coconut grated
- 1 tablespoon sesame seeds

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 36 grams
3. Cholesterol: 5 milligrams

4. Fat: 19 grams
 5. Fiber: 14 grams
 6. Protein: 9 grams
 7. SaturatedFat: 2.5 grams
 8. Sodium: 250 milligrams
 9. Sugar: 12 grams
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