

Indian-Thai Fusion Eggplant Curry

Yield: 5 min
Total Time: 50 min

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

Ingredients:

- 1 american eggplant large, cut into bite size pieces
- 15 curry leaves
- 10 dry red chilies optional
- 2 green chilies sliced
- 2 tablespoons ginger paste garlic, or 2-3 cloves of garlic minced with 1Tbs of ginger minced
- 1 onion medium, chopped
- 1 tablespoon curry powder I used McCormick brand
- 1 teaspoon red chili flakes or to taste
- 1/4 teaspoon turmeric
- 1/2 teaspoon fenugreek seeds
- 1/2 teaspoon mustard seeds
- 1/2 teaspoon cumin seeds
- 3 tablespoons fish sauce or to taste, this is the salt in the dish
- 1/2 can coconut milk
- 1/2 cup water
- 1/2 lime

Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 19 grams
3. Fat: 10 grams
4. Fiber: 7 grams
5. Protein: 4 grams
6. SaturatedFat: 8 grams
7. Sodium: 900 milligrams
8. Sugar: 7 grams

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