

Stuffed Indian Eggplant with Sesame-Sunflower Masala

Yield: 3 min
Total Time: 35 min

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

Ingredients:

- 1/4 cup toasted sesame seeds
- 1/2 cup roasted sunflower seeds preferably unsalted
- 2 cloves garlic minced
- 2 tablespoons brown sugar
- 1 teaspoon salt reduce if using salted sunflower seeds
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon cayenne
- 1/4 cup cilantro leaves chopped
- 2 teaspoons water
- 10 eggplants Indian
- 3 tablespoons vegetable oil
- 1/4 cup water