

Eggplant Curry with Cucumber-Yogurt Sauce

Yield: 6 min
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-cucumber-yogurt-onion-recipe>

Ingredients:

- 3/4 cup plain yogurt whole-milk
- 1/4 cup chopped fresh cilantro
- 1 tablespoon fresh lemon juice
- 1/2 cucumber peeled and grated, about 2/3 cup
- 2 eggplants medium, about 1 1/2 lbs total, cut crosswise into 1/3-inch slices
- 1/2 cup avocado oil for sauteing and frying
- 1 onion medium, chopped
- 1 large carrot peeled and chopped
- 5 plum medium, /Roma tomatoes, chopped
- 2 tablespoons curry powder good quality, or homemade, even, divided
- 2 teaspoons ground coriander
- 2 teaspoons ground cumin
- 2 ground cardamom teasopons
- 1 pinch saffron optional, it's good with and without
- 1/2 cup dry white wine or chicken/vegetable broth
- 1/2 cup grated Parmesan cheese

Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 10 milligrams
4. Fat: 23 grams
5. Fiber: 8 grams
6. Protein: 7 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 160 milligrams
9. Sugar: 13 grams

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