

Amazing Aubergine Curry (Eggplant Curry)

Yield: 4 min
Total Time: 35 min

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

Ingredients:

- 1 aubergine
- 2 tablespoons olive oil
- 1 red onion
- 1 garlic big clove fresh
- 1 teaspoon garam masala powder or curry powder
- 1 teaspoon turmeric
- 1 teaspoon ground coriander
- 1 can chopped tomatoes
- 1 can coconut milk
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 teaspoon sugar or 1-2 tbsp mango chutney

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 22 grams
3. Fat: 31 grams
4. Fiber: 8 grams
5. Protein: 5 grams
6. SaturatedFat: 22 grams
7. Sodium: 320 milligrams
8. Sugar: 10 grams

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