

Indian-style Potato & Eggplant Stir-fry

Yield: 4 min
Total Time: 30 min

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

Ingredients:

- 2 tablespoons cooking oil light
- 1 teaspoon cumin seeds
- 1 tablespoon minced ginger finely
- 1 tablespoon minced garlic finely
- 1 onion medium-sized, finely chopped
- 1/4 teaspoon turmeric powder
- 1/4 teaspoon chilli powder
- 1 tablespoon coriander powder
- 1/4 teaspoon amchoor powder
- 1/4 teaspoon garam masala powder
- salt to taste
- 1 tablespoon tomato paste
- 2 potatoes medium-sized, cut into bite-sized pieces
- 3 eggplants long, cut into bite-sized pieces
- 2 tomatoes medium-sized, cut into wedges
- water as needed
- chopped fresh cilantro finely, for garnish, optional

Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 50 grams
3. Fat: 7 grams
4. Fiber: 17 grams
5. Protein: 8 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 250 milligrams
8. Sugar: 13 grams

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