

Indian Stuffed Eggplants (Bharwan Baigan)

Yield: 4 min
Total Time: 45 min

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

Ingredients:

- 8 baby eggplants
- 1/2 large white onion – finely diced
- 1 jalapeno or 2 small green chilies – minced
- 1 inch fresh ginger piece of, – minced
- 2 cloves garlic – minced
- 1/4 teaspoon fennel seeds
- 1/4 teaspoon coriander seeds
- 1/2 teaspoon turmeric powder
- 1/4 cup peanut powder – I used Crazy Richards
- 4 tablespoons water
- salt
- ground black pepper
- vegetable oil
- 1/4 teaspoon fennel seeds
- 1/4 teaspoon coriander seeds
- 1/2 crunchy peanut butter – I used Crazy Richards
- 1/2 teaspoon turmeric powder
- 1/4 teaspoon red chili powder spicy
- 1 teaspoon jaggery or agave
- 1/4 lemon wedge
- 1 cup water
- salt
- ground black pepper
- 1 handful fresh cilantro – roughly chopped
- vegetable oil

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 24 grams
3. Fat: 15 grams
4. Fiber: 11 grams
5. Protein: 6 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 400 milligrams
8. Sugar: 8 grams

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