

Vegan Aubergine & Okra Coconut Curry

Yield: 4 min
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/long-green-bean-india-recipe>

Ingredients:

- 3 tablespoons olive oil
- 2 aubergines Large, total 650g
- 7 ounces long green beans
- 2/3 pound okra
- 1 3/16 inches ginger piece of
- 4 cloves garlic
- 1 white onion
- 2 teaspoons cumin seeds
- 1 tablespoon black mustard seeds
- 1 teaspoon green curry paste
- 2 red chillies dried
- 2 teaspoons Garam Masala
- 7/8 pound tomato tin chopped
- 1 2/3 cups light coconut milk tin of
- 2 7/16 cups chick peas 240g drained weight
- baby spinach Large handful of fresh
- 1/2 fresh coriander a bunch of
- 1/2 teaspoon sea salt

Nutrition:

1. Calories: 580 calories
2. Carbohydrate: 60 grams
3. Fat: 36 grams
4. Fiber: 19 grams
5. Protein: 13 grams
6. SaturatedFat: 22 grams
7. Sodium: 630 milligrams

8. Sugar: 14 grams

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