

Aubergine Dhansak

Yield: 4 min
Total Time: 55 min

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

Ingredients:

- 1/2 cup red lentils
- 1 onion
- 2 1/2 cups cherry tomatoes
- 1 teaspoon ground turmeric
- 2 aubergines
- 2 tablespoons groundnut oil
- 2 teaspoons cumin seeds
- 2 teaspoons ground coriander
- 4 cardamom pods
- 4 cloves crushed
- coriander a small bunch, chopped
- 1 teaspoon Garam Masala
- rice and naans to serve

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 48 grams
3. Fat: 8 grams
4. Fiber: 20 grams
5. Protein: 12 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 20 milligrams
8. Sugar: 10 grams

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