

Aubergine Curry



I've kept this as quite a chunky curry but if you prefer you could dice everything up much smaller or even add some extra vegetable stock and blend this to make an Indian inspired soup!

- 2 large Aubergines, chopped into chunky pieces
- 1 400ml tin coconut milk
- 2 tins tomatoes, drained and chopped
- 2 onions, chopped
- 1 clove garlic, crushed
- 1 tsp turmeric
- 1stp fennel seeds
- 1 tsp garam masala
- 1 tsp ground coriander
- 100g creamed coconut, grated
- Olive oil and or/coconut oil
- 150ml vegetable stock

Heat the oven to 200°C

Place the chopped aubergines on a baking tray and drizzle with a little oil. Bake for approx. 15 minutes.

While the aubergines are roasting, heat a little coconut oil in a pan and start to fry off the onions. Keep the heat down so that the onions soften without burning. Once softened (this will take approx. 8 mins) add the garlic, turmeric, fennel seeds and garam masala. Stir really well to coat the onions. Take the aubergines out of the oven and add them to the pan, coating them well in the spices.

Add the coconut milk, creamed coconut, tinned tomatoes and stock. Stir well and simmer for approx. 20mins. If this seems thick, add a little extra vegetable stock but these measurements worked well for me. It really depends on how you like it.

Serve with some brown rice or quinoa.

