

4 servings

Ingredients

- 1 large eggplant, cubed
 - 3 tablespoons coconut oil (or olive oil)
 - 2 teaspoons cumin seeds
 - 1 tablespoon mustard seeds
 - 1 1-inch piece fresh ginger, peeled and grated
 - 3 garlic cloves, minced
 - 1 teaspoon red pepper flakes (optional, or add less for less spice)
 - 1 medium onion, finely chopped
 - 1 teaspoon fine grain sea salt
 - 2 teaspoons garam masala
 - 1 ~~tablespoon tomato paste~~ *can diced tomatoes*
 - 1 (13.5 ounces/400 ml) can full-fat coconut milk (Jessica uses BPA-free Natural Value®)
- Cilantro, chopped

+ Snap peas

Nutrition Information:

Calories: 305

Total fat: 27 g

Carbohydrate: 14 g

Protein: 5.5 g



This issue's recipe is a winning hidden symbol contest entry submitted by Jessica of Burlington!

Coconut Eggplant Curry

chickpeas

Directions

1. In a large skillet over medium heat, heat 2 tablespoons of coconut oil (or olive oil). Once sizzling hot, add eggplant cubes and sauté for about 6 to 8 minutes, stirring every now and then. When eggplant cubes have browned, transfer them to a plate. Set aside.
2. Return the skillet to the stove, add remaining tablespoon of coconut oil (or olive oil) and heat over medium-high heat. Add cumin seeds and mustard seeds, cover with a lid and let them pop for about 30 seconds to 1 minute.
3. Lower the heat, and add garlic, ginger and red pepper flakes. Sauté for 2 minutes, until fragrant.
4. Add onion and salt and sauté for about 8 to 10 minutes, until translucent.
5. Add tomato paste, coconut milk and garam masala and bring to a boil. Add eggplant cubes and cook for 10 minutes, until sauce starts to thicken.
6. Serve sprinkled with chopped cilantro.