



EGGPLANT, TOMATO AND COCONUT CURRY WITH CUCUMBER RAITA

Season:	Summer
From the garden:	Eggplant, tomato, garlic, cucumber, mint
Type:	Dinner
Difficulty:	Easy
Country of origin:	India
Serves:	8 mains or 30 tastes
Source:	bbcgoodfood.com

Equipment

- *chopping board
- *knife
- *measuring cup and spoons
- *frying pan
- *cooking pot with lid
- *wooden spoon
- *grater
- *can opener

Ingredients

- *500 g eggplant
- *250 g tomatoes
- *1 can of coconut milk
- *1 onion
- *2 cloves garlic
- *5cm fresh ginger
- *1 tsp each: turmeric, garam marsala, sugar, salt, cumin seeds, coriander seeds, tahini
- *oil for frying

CUCUMBER RAITA

- *vegetable peeler
- *1 med. cucumber
- *chopping board and knife
- *1 cup plain yogurt

***bowl**

***measuring cup and spoon**

***garlic press**

***mixing spoon**

***1 tsp cumin**

***2 cloves garlic**

***2 tbsp chopped mint or coriander**

***salt and pepper to taste**

Method

- 1. cut the eggplant into chunks and dice onion, tomatoes and garlic**
- 2. heat some oil in a frying pan and cook eggplant chunks till browned on both sides. You might have to add some more oil, as eggplant absorb quite a bit**
- 3. remove the eggplant from the frying pan and set aside**
- 4. heat some oil in a pot, add the diced onion and garlic and fry for a few minutes**
- 5. crush the coriander seeds with the back of a large knife and grate the ginger**
- 6. add all the spices and ginger to the pot and cook for a few more minutes**
- 7. add the tomatoes and coconut milk into the pot. Swish the coconut milk can out with some water and add that too**
- 8. add the tahini, salt and sugar, put the lid on the pot, and on a medium heat, let the curry cook for around 10 min.**
- 9. add the eggplant and cook for a further 5 min.**
- 10. for the cucumber raita, peel the cucumber and cut into small dice**
- 11. peel and squeeze the garlic into a bowl and chop the mint/coriander**
- 12. add cucumber, yogurt, herbs, curmin, salt and pepper and mix**
- 13. put into the fridge to chill**

Notes: This curry can be served with chapati, nan, rice or flatbread

Skills: *measuring, mixing, frying, cutting*