



## PAKISTANI EGGPLANT WITH YOGHURT SAUCE

### INGREDIENTS

- Water and 2 tbsp salt
- 500 g eggplant cut into 5 mm slices
- 150 ml sunflower or olive oil
- 1 large onion, chopped
- 2 garlic cloves, crushed
- 1 tsp cumin powder
- 1 tsp red chilli powder
- 1 tsp garam masala
- Salt to taste
- 1/2 tsp turmeric powder
- 1 tsp coriander powder
- 1 tsp red chilli flakes
- 15 curry leaves
- 5 button red chillies
- 1 tsp cumin seeds
- 500 g of thick yoghurt
- 120 ml water
- 1 bunch fresh coriander, chopped

### PREPARATION METHOD

1. Dissolve salt in water in the iCook 3-Litre Stainless Steel Mixing Bowl. Add eggplant slices and soak in saltwater for 15 minutes. Take out and dry with kitchen paper.
2. Heat 40 ml oil in the iCook Senior Sauté Pan and fry eggplant slices until golden brown.
3. Heat 100 ml oil in 7-ply Stainless Steel Wok or large frying pan then fry onions until golden brown. Add crushed garlic cloves, cumin powder, red chilli powder, red chilli flakes and mix for 2 minutes.
4. Add water, stir and bring to boil. Cover and cook for 2-3 minutes. Increase heat and proceed cooking until oil separates.
5. Pour yoghurt into the 2-Litre Mixing Bowl and mix well.
6. Heat remaining oil in Junior Sauté Pan and add cumin seeds, button red chillies and curry leaves and stir fry for 1-2 minutes.
7. Add fried spices to the yoghurt and mix gently.
8. To serve, add gravy, eggplants and yoghurt in layers. Garnish with crushed red chilli and chopped coriander. Serve with steamed rice.