

30 MINUTE ALOO BAINGAN (AUBERGINE & POTATO CURRY)



Easy



30 Minutes



Main



04 Servings

INGREDIENTS

1 tablespoon oil
1 x 400g tin plum tomatoes
1 medium size aubergine, cut into 1 inch chunks
2 – 3 medium potatoes, peeled and cut into 1-inch pieces
½ teaspoon chili powder
½ teaspoon turmeric
½ teaspoon cumin
½ teaspoon garam masala or curry powder
½ teaspoon sugar
salt
1 – 1 ½ cups water
rice of your choice

COOKING STEPS

Heat the oil in a pan. Add the spices, tomatoes, sugar and salt.

Cook on a medium heat for 3 minutes until the tomatoes are hot.

Add the potatoes and aubergine. Cook for about 5 minutes.

Add 1 cup of water and continue to cook over a medium heat for about 15 minutes until the vegetables are soft. Watch the pot as you may need to add another ¼ to ½ cup of water to prevent scorching.

Serve hot with rice of your choice.

