

RECIPE | EGGPLANTS

ONE POT VEGETABLE CURRY



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Recipe created by *Stacy Zollars*



INGREDIENTS

- 2 ct** Pure Flavor® Baby Eggplants, diced
- 1** Pure Flavor® Red Sweet Bell Peppers, diced
- 1 lb** Pure Flavor® Roma Tomatoes, diced
- 5** cloves garlic, minced
- 1** large white onion, diced
- 15 oz** full-fat coconut milk
- 15 oz** can chickpeas, drained & rinsed
- ¼ cup** basil, chopped

- 3 tbsp** yellow curry powder
- 2 tbsp** olive oil
- 1 tbsp** fresh ginger, grated
- 2 tsp** turmeric
- Salt and pepper, to taste
- Cilantro, chopped for garnish
- Red pepper flakes, optional for garnish
- Basmati rice, optional for serving

DIRECTIONS

- 1** In a large skillet over medium-high heat, heat oil and sauté onions, pepper, and eggplant until browned, about 2 minutes. Add garlic and sauté another minute.
- 2** Reduce heat to medium, add curry powder, turmeric, and ginger. Let that heat through then add coconut milk and tomatoes. Season with salt & pepper to taste. Bring to a simmer then reduce to medium low heat.
- 3** Add chickpeas & basil and cook another 3-5 minutes.
- 4** To serve, spoon over rice and top with cilantro & red pepper flakes.



20 min

5 min
PREP.

15 min
COOKING



6



easy