RECIPE | EGGPLANTS

ONE POT VEGETABLE CURRY

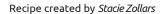


INGREDIENTS

5 min PREP. 15 min

COOKING

- 2 ct Pure Flavor® Baby Eggplants, diced 1 Pure Flavor® Red Sweet Bell Peppers, diced 1 Ib 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 1/4 cup basil, chopped
- 3 tbsp yellow curry powder 2 tbsp olive oil 1tbsp 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

PURE-FLAVOR.COM

- (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.

in

- (3) Add chickpeas & basil and cook another 3-5 minutes.
- (4) To serve, spoon over rice and top with cilantro & red pepper flakes.

0

