



RECIPE | EGGPLANTS

ONE POT VEGETABLE CURRY



20 min

5 min
PREP.

15 min
COOKING



6



easy

INGREDIENTS

Recipe created by *Stacie Zollars*

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.

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