

Lean & Green

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EGGPLANT CURRY WITH EGGS

No. of servings: 4

Per serving: 1 lean | 3 green | 3 condiments

Total Time: 45 minutes

Cuisine: Indian

Contains: Eggs

INGREDIENTS

2 medium eggplants/brinjal (450g),
trimmed and diced (should yield
about 4 cups)
1 tsp salt
2 tsp minced fresh ginger root
2 cloves garlic, minced
4 scallions or spring onions, trimmed
and sliced thin
1 tsp cumin
1 tbsp turmeric
1 tsp ground coriander
½ tsp cayenne pepper
1 tsp black ground pepper
2 large tomatoes (360g), trimmed and
diced small
1 cup (240mL) water
12 eggs
1 tbsp coarsely chopped fresh
coriander (optional)

DIRECTIONS

1. In a mixing bowl, toss the eggplant with the salt, ginger, garlic, scallions/spring onions, cumin, turmeric, ground coriander, cayenne pepper and black pepper and allow to sit for about 15 to 20 minutes.
2. Place the eggplant into a wide skillet, add the tomatoes, and about 1 cup (240mL) water. Cover the skillet with a lid and begin to cook gently, stirring occasionally, adding water as needed to create a stew.
3. When the eggplants are tender, adjust seasoning as needed, and create 12 little indentations with a ladle into the eggplant stew. Crack a raw egg into each indentation, cover the skillet with a lid and continue to cook very gently until the eggs are cooked, for about 5 minutes.
4. Remove from the heat, sprinkle with the coriander, and serve hot.

Per serving: 280 calories, 22g protein,
15g carbohydrate, 15g fat



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