



Thai Eggplant in Tomato Curry Sauce



4 Servings



Prep: 10 min
Cook: 30 mins

INGREDIENTS

6 Thai Eggplants, quartered, stems plucked
1 onion, chopped
400g baby truss or any sweet tomatoes, blended
4 tbsp coconut oil
2 long green zucchini or 8 small yellow squash, cut
in big pieces

2 tsp Belicious Masala Curry Spice

Salt to taste

DECORATION/ACCOMPANIMENT

Rice to serve

LET'S GET COOKING!

1. Heat a medium/hot pan, then fry the eggplant in the oil until golden. The eggplant should sizzle when it hits the pan.
2. Once the eggplant is soft, add onion and stir fry until soft.
3. Add tomato and Belicious Masala and simmer for about 20 minutes, or until the oil comes to the surface. Add salt to taste.
4. Bring the kettle to the boil and pour over the squash or zucchini in a heat proof dish, cover with a plate or lid and let it soak for 2 - 3 minutes.
5. Remove from the water, and add to the pot. Stir and serve with rice.

Enjoy!

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Belicious ingredients

