

## Roasted Aubergines with Fresh Coconut



Preparation time: 20 minutes

Cooking time: 45 minutes (includes 30 minutes marinating)

**Serves:** 4

**Profitability:**

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**Ingredients:**

8 small slim aubergines

2 tbsp freshly grated coconut (frozen is fine)

Natural yogurt

**KEY SPICES**

½ tsp turmeric powder

1 tsp red chilli flakes

1 tsp cumin seeds

½ tsp brown mustard seeds

**WARMING SPICES**

1 tsp fenugreek leaves

1 tsp fennel seeds

## OTHER SPICES

1 tsp mango powder

## WET INGREDIENTS

1 lime, juiced

200ml coconut milk

8 fresh curry leaves, ripped into small pieces (optional)

1 tbsp coconut oil

2 tsp pulped garlic

1 tsp pulped ginger

1 tsp sun-dried tomato paste

1 fresh green chilli, minced

Sprinkle sea salt

1 tsp jaggery, grated

## GARNISH

Small bunch coriander including stalks, chopped finely

1 lime, zest

## Steps:

Butterfly the aubergines in  $\frac{1}{2}$  lengthways, opening them like a book, and then gently flatten. Score the surfaces with a criss-cross pattern and place in a large bowl

Squeeze over the lime juice, sprinkle a little sea salt, add the natural yogurt, curry leaves, turmeric powder and red chilli flakes and coat well. Set aside

Take a small dry pan and set on a low heat, add the cumin seeds and brown mustard seeds and the warming spices and gently warm through for 1 minute. Remove from the heat, place in a pestle and mortar, and grind to a powder

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Add the powder to the aubergines along with the coconut oil, garlic, ginger, paste, chilli, mango

powder and jaggery. Mix thoroughly, cover and leave in a cool place to marinate for 30 minutes

Toast the coconut on a low heat until light golden-brown. Set aside to cool

Grill the aubergines on hot for 3 minutes on either side. Remove from the heat, mix together the lime zest, toasted coconut and fresh coriander and sprinkle over the top of the aubergines

Serve with fresh chapattis, and a chutney of your choice