Eggplant Thai green curry

Preparation time
10 minutes

Cooking time
35 minutes

Serves
4

Recipe courtesy of
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Ingredients Method Nutrition

1 tablespoons olive oil

1 brown onion, diced

10g ginger, finely grated

2 tablespoons Thai green curry paste

1 bunch coriander, roots and stalks washed and finely chopped, leaves picked

400ml can coconut milk

4 kaffir lime leaves

100g sugar snap or snow peas

Juice of 1/2 lime, plus extra to serve

2 eggplants, diced

400g firm tofu, diced

Steamed rice, to serve (not included in nutritional information)

1. Heat olive oil in a large saucepan over medium heat. Add onion and sauté for 5 minutes, or until soft and translucent.
2. Add grated ginger, curry paste, and chopped coriander roots and cook for another 2-3, or until fragrant.
3. Add canned coconut milk and lime leaves, then mix and bring to a gentle simmer for 2 minutes before adding sugar snap/snow peas, eggplant, tofu and lime juice. Stir together and cook on medium-low heat for 15-25 minutes, or until eggplant is tender.
4. Serve with a side of rice, squeeze of lime juice and garnish of coriander leaves.

Nutritional information is provided per serve

Engery	1367 kj (326 calories)
Protein	17g
Saturated Fat	8g
Total Fat	21g
Carbohydrates	12g
Sugars	11g
Dietary Fibre	12g
Sodium	326mg