

Eggplant Thai green curry

Preparation time

Cooking time

35 minutes

Serves

4

Recipe courtesy of

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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

EngeryJ367 kj (326 calories)Protein7gSaturated Fat8gTotal Fat2lgCarbohydrates2gSugars1gDietary Fibre2gSodium326mg