

Roasted Aubergine Mash Recipe

Ingredients:

1 aubergine, about 400 g
3 tablespoons vegetable oil or olive oil
1/2 medium onion, finely chopped
1 teaspoon finely chopped root ginger
1 green chili, finely chopped
1/2 teaspoon toasted cumin seeds, crushed
1/2 teaspoon salt, or to taste
1 tablespoon lime (calamansi) juice
1 tablespoon finely chopped coriander (cilantro) leaves

Method:

Preheat the oven to 200 degrees Celsius. Brush the aubergine with a little of the oil and roast in the hot oven for about 15-20 minutes until the skin is charred and peels off easily. Leave until the aubergine is cool enough to handle, then peel away the skin, chop the pulp and tip into a bowl. Add the remaining oil and mash roughly, using a fork. Add the onion, ginger, chili, cumin and salt, and mix well. Finally add the lime juice and chopped coriander and toss to mix. Serve warm or chilled. This flavored aubergine mash makes a great accompaniment to any spicy curry; it can also be served chilled as a salad.

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