

Sardine Eggplant Curry Recipe

Ingredients: Serves 4

3 tablespoons cooking oil
1 onion, peeled and sliced
2 cloves garlic, peeled and sliced
2.5-cm ginger, peeled and shredded
1 teaspoon mustard seeds
2 sprigs curry leaves
2 tablespoons fish curry powder, mixed with 2 tablespoons water to form a paste
1 eggplant/brinjal/aubergine, roll cut into small pieces
500ml coconut milk, squeezed from ½ grated coconut with sufficient water added
2 tomatoes, quartered
1 can (425g) canned sardines in tomato sauce
1½ teaspoon salt
1 red chili, sliced
1 green chili, sliced
1 tablespoon lime or lemon juice

Method:

Heat oil in a wok. Fry onion slices until transparent. Add garlic, ginger, mustard seeds and curry leaves. Stir-fry until fragrant. Add curry paste and stir-fry over low heat for 2 minutes, then add eggplant pieces and stir-fry for 2 minutes more. Pour in coconut milk and simmer until eggplant pieces are soft. Add tomatoes and sardines together with tomato sauce. Either toss carefully to mix ingredients or break up whole sardines into small pieces with a wooden spoon. When liquid reaches the boil, reduce heat and simmer for 5 minutes. Add salt, then red and green chilies. Lastly, stir in lime or lemon juice. Serve with flat breads such as roti canai, puri or chapati.

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