Baingan ka Bhurta (Smokey Brinjal Mash)

Source: Recipe by Munira Ali

About the Recipe

129 Calories · 4 g Protein · 8 g Fiber
Dinner

Ingredients

Makes 5 Servings

- 2 large round brinjals
- 2 medium onions, finely chopped
- 1 tsp (5 mL) ginger paste
- 1 tsp (5 mL) garlic paste
- 1 slitted green chile
- 1 tsp (5 mL) cumin seeds
- 1 tsp (5 mL) red chili powder (or to taste)
- 1 tsp (5 mL) coriander powder
- 1/2 tsp (2.5 mL) garam masala powder
- 2 large tomatoes, chopped
- 1/2 cup (8 g) coriander leaves, finely chopped
- to taste salt

Directions

1. Wash and dry the brinjals. Roast on stove top on medium flame from all sides. Keep turning to prevent brinjals from burning.
2. Keep aside to cool. Once cooled peel the brinjals, mash them and keep them aside.

3. Add green chile, cumin seeds, salt, and onions in a nonstick pan and stir for 10 minutes.
4. Add ginger and garlic paste, stir it for 5 minutes.
5. Add chili powder, coriander powder, and chopped tomatoes and stir well until tomatoes are cooked.
6. Add brinjal pulp to the onion tomato mix and cook it for another 15 minutes.
7. Add chopped coriander leaves and remove from stove.
8. Serve hot with chapatis or parathas.

Nutrition Facts

Per serving (1/5 of recipe)

Calories: 129
Fat: 1 g
    Saturated Fat: 0.2 g
    Calories from Fat: 6%
Cholesterol: 0 mg
Protein: 4 g
Carbohydrates: 31 g
Sugar: 12 g
Fiber: 8 g
Sodium: 170 mg
Calcium: 43 mg
Iron: 2 mg
Vitamin C: 39 mg
Beta Carotene: 454 mcg
Vitamin E: 2 mg
Potassium: 592 mg