

# Eggplant Thai green curry

Preparation time

10 minutes

Cooking time

35 minutes

Serves

4

Recipe courtesy of

Amanda Maiorano, Accredited Practising Dietitian



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

Energy 1367 kJ (326 calories)

Protein 17g

Saturated Fat 8g

Total Fat 21g

Carbohydrates 12g

Sugars 11g

Dietary Fibre 12g

Sodium 326mg