

EGGPLANT

Eggplant (USA, Australia, New Zealand, Canada), *aubergine* (UK, Ireland, France, Quebec) or *brinjal* (South Asia, South Africa) is a plant species in the nightshade family *Solanaceae*. *Solanum melongena* is grown worldwide for its edible fruit.



Eggplant is a fruit that comes in a variety of shapes and colours, but the most common is the deep purple oval. You can use eggplant in a wide variety of dishes from all over the world. It's a great source of dietary fibre

- Eggplant may be sliced and fried, baked, boiled, steamed or grilled. Use in casseroles, layered vegetable dishes, curries or stuffed with meat and rice.
- Grill or barbecue slices of eggplant after lightly brushing or spraying them with oil. Serve with grilled capsicum and zucchini slices to accompany chicken.
- The seeds can be bitter, especially if crushed, so you should mash the cooked flesh with a fork rather than using a food processor or blender.
- Some recipes advise salting sliced fruit (known as 'degorging') to soften it and to reduce the amount of fat absorbed during cooking. This treatment is not necessary with modern varieties of eggplant.

Eggplant and Chilli

Prep time: 5 min

Cooking time: 60 min

1 large eggplant

2 tomatoes

Large handful basil leaves

1 teaspoon coconut oil

2 teaspoons turmeric

2-3 chillies

700 ml jar of tomato salsa

Salt to taste

Slice the eggplant into thick slices.

Finally dice tomatoes.

Put oil in frypan and when hot, add chilli and shredded basil.

Cook for 30 seconds.

Add tomatoes.

Add turmeric and salt to taste.

Cook the mixture for 10 minutes.

Add salsa, reduce to a low heat.

Simmer for 45-50 minutes.

Fry eggplant till tender.

Cover with tomato mixture.

Serve as an entree or a side dish.