



Baingan Bharta Recipe

Ingredients

- Brinjal
- Tablespoons Oil
- Onion (Chopped)
- Inch Ginger
- Cloves Garlic
- Tomato (Chopped)
- Green Chillies (Slit)
- Teaspoon Red Chilli Powder
- Tablespoons Coriander Leaves (Chopped)

Instruction

1. Prepare ingredients as mentioned in the list.
2. Roast the brinjal on an open flame or grill it till soft inside and burnt outside. Then, wash it under a tap to remove all the burnt skin, remove the leftover skin by hand, peel it properly and mash it well.
3. Heat oil in a karahi, fry the chopped onions till golden brown. Add ginger, garlic and fry for 5 minutes. Now add the tomatoes and sauté till soft.
4. Add green chillies, red chilli powder and sauté for a minute. Add the mashed brinjal, salt and mix well. Continue to sauté till the mixture is well blended.
5. Serve hot, garnished with coriander leaves

Nutrition

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|---------------|-------------|
| Carbohydrates | 21.19 g |
| Energy | 160.69 kcal |
| Fats | 8.28 g |
| Protein | 3.74 g |

61 Minutes

4 Servings