



Baingan Bharta Pita Pockets Recipe

Ingredients

- Tablespoons MAGGI Hot & Sweet Tomato Chilli Sauce
- Brinjal
- Tablespoons Oil
- Onion (Chopped)
- Inch Ginger
- Cloves Garlic
- Tomato (Chopped)
- Green Chillies (Slit)
- Teaspoon Red Chilli Powder
- Tablespoons Coriander Leaves (Chopped)
- Pita Bread
- Tablespoons Hung Curd

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. Add coriander leaves and mix well
5. To serve, make a fresh salsa by mixing together the chopped tomato, onion and MAGGI Hot & Sweet Sauce. Slit and open each pita bread and stuff with the Baingan Bharta, top with 1 tbsp. of fresh salsa and 1 tbsp. of hung curd

Nutrition

Carbohydrates	66.3 g
Energy	396.24 kcal
Fats	10.18 g
Protein	12.54 g

70 Minutes

4 Servings