

# Eggplant and Potato Curry

**Serves:** 4 (with other dishes)

**From the Garden:** eggplant, potato, tomato, onion, coriander

## Ingredients:

4 medium potatoes  
3-4 Lebanese or 1-2 medium eggplants  
1 large tomato  
1 onion  
1 chilli  
3 tbsp e.v. olive oil  
2 tsp garam masala  
2 tsp turmeric  
1/2 cup water  
sea salt  
optional garnish: coriander

## Equipment:

Basic toolbox, chopping board, saute pan, wooden spoon

## Method:

1. Place potatoes in a small saucepan, cover with cold water. Place pot on stove burner, place on high heat and bring to the boil. Boil until potatoes are just cooked.  
**\*Drain potatoes.\*** When cooled enough to handle, peel potatoes and cut into large chunks.
2. Wash and dry eggplant thoroughly. Chop into large chunks (about 3cm pieces)
3. Wash and dry tomato thoroughly. Chop into large chunks.
4. Wash and dry chilli thoroughly. Dice into tiny pieces. If you like your curry 'hot' use the whole chilli. If you like your curries 'mild', remove all the seeds and discard.
5. Peel onion and chop into a fine dice. Place into sauté pan with olive oil. Place on stove burner on medium heat. Cook until softened.
6. Add the garam masala and turmeric and chilli. Saute for 2 minutes. Then add the potatoes and eggplants and 1/2 cup water. Cook on medium heat. Do not stir too much or your potatoes will get mashed!
7. After 10 minutes add the chopped tomatoes and cook for a further 5 minutes. Add a little sea salt to taste. Garnish with washed, chopped coriander

Enjoy!

**Tasks within two \* \_\_\* means please get an adult to help.**

Recipe reference: created by Jacky Cronin, Wodonga West Primary School