



Roasted eggplant Thai green curry

Ingredients: (Serves 4)

2 large eggplants, trimmed and cut into thick rounds
2 tablespoons olive oil, plus 2 tablespoons extra
1 tablespoon ground coriander
Pinch of salt
400mL tin reduced-fat coconut milk
250mL reduced-salt vegetable stock
1 tablespoon reduced-salt soy sauce
2 teaspoons brown sugar
300g firm tofu, cut into cubes
1 bunch of bok choy, quartered
1 lime, cut into wedges
2 cups steamed basmati rice, to serve

For the green curry paste:

½ bunch of coriander, use stems and roots
(reserve stems for garnish)
2 lemongrass stems (pale part), chopped
4 long green chillies, seeds removed, chopped
4 garlic cloves, chopped
thumb-sized piece of piece ginger, chopped
2 shallots, chopped
1 teaspoon ground cumin

Method:

1. Preheat oven to 200°C (fan-forced). Toss eggplant with two tablespoons oil, ground coriander and a pinch salt until evenly coated. Arrange on a lined baking tray and roast, turning halfway through cooking, for 15- 20 minutes or until tender and golden brown.
2. To prepare green curry paste, combine all ingredients in a small food processor and blitz until smooth. Heat remaining two tablespoons oil in a large frypan over medium heat. Cook curry paste for 2-3 minutes or until fragrant. Stir through coconut milk, vegetable stock, soy sauce and brown sugar and bring to the boil. Add tofu and bok choy and cook for 2-3 minutes or until sauce is slightly thickened and reduced.
3. Divide rice and roasted eggplant between serving bowls, before spooning over curry. Garnish with coriander leaves and serve with lime wedges.

Nutrition Information: (Per serve)

Energy:	2367kJ (565cal)	Protein:	18.7g	Total Fat:	32.9g
Saturated Fat:	10.2g	Carbohydrate:	41.8g	Sugars:	11.3g
Fibre:	14.3g	Sodium:	815mg		