



Baked Corn and eggplant (OP I)

Serving: 1

Veg

Ingredients

- 1/2 cup boiled corn
- 1/2 cup sauteed / grilled eggplant cubes
- 1 tsp oil
- 2 tbsp chopped onions
- 1/2 cup chopped tomatoes
- salt and pepper to taste
- 1/4 cup white sauce *
- Red chilli powder to taste
- For white sauce
- 1 tbsp jowar flour
- 1 tsp butter
- salt and pepper to taste
- 1/4 cup milk

Preparation Method

- Heat the oil in a broad non-stick pan, add the garlic and sauté on a medium flame for a few seconds.
- Add the onions and sauté on a medium flame for 1 minute.
- Add the capsicum and sauté on a medium flame for 1 minute. Add the chilli powder and tomatoes and cook on a medium flame for 3 to 4 minutes, while stirring occasionally.
- Add the corn, brinjal and salt, mix well and cook on a medium flame for 2 minutes, while stirring occasionally.
- Pour into a baking bowl, pour the white sauce over it
- Bake in a pre-heated oven at 200°C (400°F) for 10 minutes. Serve immediately.
- for sauce : Heat the butter in a broad non-stick pan, add the flour and cook on a slow flame for 1 to 2 minutes, while stirring continuously
- Add the milk, mix well and cook on a medium flame for 3 to 4 minutes, or till the sauce thickens, while stirring continuously
- Add the salt and pepper, mix well and cook on a medium flame for 1 more minute.
- Store in an air-tight container and use as required.