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Vegetables & Greens

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Directions

Step 1

Preheat the oven's broiler. Rub oil on the outside of the egg plant, or coat with cooking spray. Place under the broiler, and cook until the flesh is soft and the skin is blistering off, about 30 minutes. Turn as needed for even cooking. Cut the eggplant in half lengthwise, and scoop the flesh out of the skin. Discard the skin; chop up the flesh, and set aside.

Step 2

Heat the oil in a large skillet or wok over medium-high heat. Add the cumin seeds, and let them crackle for a few seconds and turn golden brown. Be careful not to burn them. Add the onion, ginger and garlic; cook and stir until tender. I don't let the onions get very brown. Stir in the tomato, and season with turmeric, ground cumin, ground coriander, cayenne pepper, salt and black pepper. Cook and stir for a few minutes.

Ingreduce helps you reduce waste by providing healthy recipes using the ingredients you already have.

-Congratulations message-

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Ingredients

- 1 Eggplant
- 1 teaspoon vegetable oil
- 1/2 teaspoon cumin seeds
- 1 medium onion sliced
- 1 teaspoon chopped fresh ginger
- 1 clove garlic minced
- 1/4 cup chopped fresh cilantro
- 1/2 teaspoon salt

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