**Baingan Bharta**

Prep time: 15 min Cook time: 20 min

**Ingredients:**

* 1 large brinjal (bhartha baingan)
* ½ cup onions, finely chopped
* 1 cup tomatoes, finely chopped
* 1 tsp garlic, minced
* ½ tsp green chiles, chopped
* ¼ tsp red chili powder
* 2 tbsp oil
* 1 tbsp chopped coriander leaves
* Low sodium salt, as required

**Instructions:**

1. Rinse the eggplant (baingan) in water. Cut it from the base, leaving about an inch away from the stem, without breaking it apart. Make cuts on four sides.
2. Roast the eggplant directly over medium-low to medium flame on the stove. Secure the eggplant with tongs and turn it every 2 to 3 minutes to ensure it cooks evenly.
3. Check for doneness by inserting a knife; it should slide in easily without resistance.
4. Remove the roasted eggplant and immerse it in a bowl of water until it cools. Once cool, peel off the charred skin and chop or mash the flesh.
5. In a kadai (wok) or frying pan, heat oil. Add finely chopped onions and garlic.
6. Stirring often, sauté the onions until they soften and become translucent.
7. Add green chilies and tomatoes. Sauté well, then add red chili powder.
8. Add the chopped or mashed eggplant to the mixture and mix thoroughly.
9. Season with salt and sauté for 5 minutes over low heat.
10. Garnish with chopped coriander leaves and serve hot with rice or roti.