



Pea and Eggplant 'Subji'

Ingredients

- 1kg cooked fresh peas
- 1kg Japanese eggplant cut into quarters
- 1 teaspoon mustard seeds
- 1 teaspoon chopped garlic
- 1 teaspoon ground coriander seeds
- 1 teaspoon ground turmeric
- 1 teaspoon ground cumin

Method

1. Heat a film of oil in a heavy based sauce pan add the mustard seeds until they pop
2. Add garlic, coriander, turmeric and cumin cook for 1 minute.
3. Add the eggplant and a teaspoon salt; cook for about 5 minutes
4. Add the peas and cook until well coated and combined.

Hear Chef Michael on 2NURFM Wednesday mornings at 11.20 for the latest tips on food.

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