

# Eggplant & Potato Curry

1/2 cup Olive Oil  
4-5 baby eggplants sliced thickly  
2 medium potatoes chopped  
1/2 teaspoon cumin seeds  
1 tsp black mustard seeds  
1 large brown onion chopped  
2 cloves garlic crushed  
2 pieces fresh ginger grated finely  
2 tblsp mild curry paste  
400g can diced tomatoes  
1 cup (250ml) water  
1 tsp brown sugar



1. Heat the oil in a large pan or wok; cook eggplant and potatoes separately in batches until browned, Drain on absorbent paper
2. Add cumin and mustard seeds to pan, cook, stirring, until fragrant.
3. Add the onion, garlic and ginger cook, Stirring until onion is soft. Add chilli and paste; cook, stirring until fragrant.
4. Return the potato to pan with undrained tomatoes and water; simmer, uncovered, until potato is tender. Return the eggplant to pan with spinach and sugar; simmer uncovered until spinach is wilted.
5. Season to taste with salt before serving
6. Sprinkle with coriander or mint.