

## EGGPLANT AND CAPSICUM CURRY

### Equipment needed –

Small knives, chopping boards, large saucepan, measuring spoons, measuring cups, colander, paper towel, garlic crusher, scissors, and plastic cups.

### Ingredients from the Garden –

- 4 small red capsicums
- 5 eggplants
- 4 cloves of garlic
- 2 leeks
- 1 cup of cooked beans
- ½ cup of mint
- 2/3 cup of fresh parsley
- ½ cup of coriander

### Ingredients from the Pantry –

- 2/3 cup of oil
- 2 teaspoons ground cumin
- 2 teaspoons ground cardamom
- 2 teaspoons ground turmeric
- 2 teaspoons ground sweet paprika
- 1 teaspoon ground cinnamon
- 2 large cans of tomatoes
- 300 grams of beans
- 3 cups of vegetable stock

### What to do –

1. Cut the eggplants into 1cm slices, place in a colander. Sprinkle with salt and let stand for 30 minutes. Rinse the slices under cold water and drain. Pat dry with paper towel.
2. Brush the slices with 1/3 cup of oil. Place in a single layer on oven trays and grill until both sides are lightly browned. Drain on paper towel again and cut into half.
3. Meanwhile cut the leeks and set aside. Peel and crush the garlic and set aside.
4. Measure out the spices and place in a small bowl - 2 teaspoons ground cumin, 2 teaspoons ground cardamom, 2 teaspoons ground turmeric, 2 teaspoons ground sweet paprika, 1 teaspoon ground cinnamon.
5. Cut the capsicums into a 1 cm dice and set aside.
6. Pick the coriander leaves and mint leaves, place in a cup and finely chop using scissors.
7. Pick the parsley leaves, place in a cup and finely chop using scissors.
8. Heat 1/3 of the oil in a large saucepan. Cook the leeks, garlic and spices, stirring until the leek is soft.
9. Add the crushed tomatoes, capsicums, beans, stock and herbs and simmer, covered until the vegetables are soft.
10. Add the eggplant to the mixture and simmer covered for a further 5 minutes.

### Serves –

- 28 students.