Less than 30 minutes

Serves 4

Share with friends

Share on facebook

Share on twitter

Share on pinterest

Share on whatsapp

Share on email

Ingredients:

- 2 large brinjals, washed and cubed
- 3 Tbsp (45ml) olive oil
- 1 onion, finely chopped
- 2 tsp (10ml) crushed garlic
- 1 tsp (5ml) chilli powder
- 1 tsp (5ml) each ground cumin and coriander powder
- ½ tsp (3ml) lemon pepper
- ½ tsp (3ml) garlic salt
- 2 salad tomatoes, chopped
- ½ cup (125ml) fresh coriander, chopped
- Toasted bread, for serving

Method:

- 1. Fry brinjals in oil. Set aside.
- 2. Sauté onions until soft.
- 3. Add garlic, spices, seasoning and brinjals, then cook for 10 minutes.
- 4. Add tomatoes and cook until soft
- 5. Sprinkle with coriander and serve on buttered toast.