



braised vege pasta in tomato curry sauce

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Ingredients

serves 2-3

- 1/2 brinjal, cut into large cubes
- oil for deep frying
- 1 tbsps butter
- 1 medium-sized onion, diced
- 2-3 cloves garlic, chopped
- 1 tsp curry powder, mixed with a little water to form a paste
- 1 cup tomato puree
- 2 cups vegetable/ chicken broth
- 1 red capsicum, seeded and sliced lengthwise
- 1/2 chinese napa cabbage, cut into thick slices
- 1 tbsp chopped parsley or basil
- salt and pepper
- parmesan cheese
- 200g pasta, cooked to packet instructions

Instructions

- Sprinkle some salt over the brinjal and let sit for about 15 minutes to draw out its moisture, drain.
- heat some oil in a saucepan. deep fry brinjal for 2-3 minutes; drain on paper towels.
- remove and leave 1 tbsp of oil in the pan. add the butter and saute the onion and garlic until fragrant.
- add the curry paste and fry till fragrant, and mix in the tomato puree and broth;

bring to boil.

- add the capsicum and simmer until it is limp, about 10 minutes.
- add the napa cabbage and reserved brinjal; simmer for another 10 to 15 minutes.
- season to taste with salt and mix in the chopped herb.
- serve the braised vegetable over cooked pasta, with a sprinkling of fresh cracked pepper and parmesan cheese shavings.

* i find that drawing the moisture out of brinjal/ eggplant/ aubergine and then deep frying them before braising makes the vegetable (er, technically, botanically it's considered a fruit, specifically a berry. seriously, wiki it.) sweeter in taste and it retains its shape better instead of turning totally mushy during cooking.