GLOBAL · DINNER · SIDE

Burmese Aubergine Pan-Sticker Curry

95 min · Serves 4 · 436 kcal a serve · Video 10:48 · Food with Chetna

Vegan

A vegan Burmese curry of aubergine, onion and tomato slow-cooked in groundnut oil, the traditional way: about 8 g fibre and half a day's vitamin E a serve, with only 1 tsp sugar in the whole pan.

Diet notes: Gluten-free with a swap: Use a gluten-free stock cube.

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Ingredients 12 · SERVES 4

- [ ] 1 × 400 g tin chopped **tomatoes**
- [ ] 2 medium **onions**, finely chopped
- [ ] 2 **green finger chillies**, finely chopped
- [ ] 1 tbsp **crunchy peanut butter**
- [ ] a handful of **fresh coriander leaves**, finely chopped
- [ ] 1 tsp **salt**
- [ ] 1 tsp **ground turmeric**
- [ ] 1 tsp **sugar**
- [ ] 1 tsp **paprika**
- [ ] 1 **vegetable stock cube**, crumbled
- [ ] 150 ml groundnut (peanut) or sunflower oil
- [ ] 2 **aubergines**, cut into thick (about 2 cm) slices

Allergens found in the listed ingredients: Gluten, Peanut. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. In a large bowl mix the tomatoes, onions, chillies, peanut butter, coriander, salt, turmeric, sugar, paprika, crumbled stock cube and oil. 1:18
2. Add the aubergine slices and toss gently until every slice is coated. 2:39
3. Tip everything into a large, hot frying pan, cover and cook on high heat for 10 minutes. 3:16
4. Stir, turning the slices so other pieces can char, then cover and cook on medium heat for 15 minutes. 4:14
5. Stir once more and cook on low heat with the lid off for about 1 hour, until the liquid has gone and the curry sticks and catches slightly on the pan. Lift out gently so the aubergine stays in slices. 5:02

> **Tip** From MiMi Aye's book Mandalay; serve with rice. Salty as made (about 1,150 mg sodium a serve): skip the 1 tsp salt to halve it. Rich in oil, so spoon some off if you like. Her description lists shrimp paste for the cube (not vegan).

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
436 kcal	5.1 g	26 g	8.4 g	37 g	1,170 mg
1,830 kJ	10% of a day	17 g net · 14 g sugars	30% of a day	6.3 g saturated	51% of a day
		9% of a day		48% of a day	

Energy from net carbs 16% · protein 5% · fat 79% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin E 51% · Vitamin C 25% · Vitamin B6 21%

Source of (10–19%) Potassium 17% · Folate 16% · Vitamin K 14% · Iron 13% · Magnesium 13%

⚠ One serve has about 51% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Food with Chetna (@FoodwithChetna) on YouTube — youtube.com/watch?v=1LFibNas6AU, published 26 November 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/burmese-aubergine-pan-sticker-curry