INDIAN · SIDE

Baingan Bharta: Smoky Roasted Eggplant Masala

बैंगन का भरता

40 min · Serves 4 · 190 kcal a serve · Video 7:43 in Hindi · Kabita's Kitchen

Vegan · No nuts listed

A smoky vegetable side of roasted eggplant, onion and tomato with spices, with no cream or butter: 11 g net carbs and 5 g fibre a serve.

Diet notes: Low saturated fat (1 g, 5% of the energy); DASH-friendly with less salt: up to a pinch a serve; Paleo with a swap: olive, avocado or coconut oil instead of the canola or vegetable oil; Gluten-free with a swap: use gluten-free asafoetida.

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Ingredients 17 · SERVES 4

- [ ] 1 large **eggplant** (12 oz)
- [ ] 2 **green chillies** to tuck into the eggplant before roasting (optional)
- [ ] 3 **garlic** cloves to tuck into the eggplant before roasting (optional)
- [ ] **Canola or vegetable oil**: 4 tbsp cooking oil
- [ ] ½ tsp **cumin seeds**
- [ ] ¼ tsp **asafoetida** (hing), optional
- [ ] 2 medium **onions**, finely chopped
- [ ] 1 tsp grated **ginger and garlic** (or ginger-garlic paste)
- [ ] 2 **green chillies**, finely chopped
- [ ] ⅓ tsp **turmeric powder**
- [ ] ⅓ tsp **red chilli powder**
- [ ] ⅓ tsp **ground cumin**
- [ ] ⅓ tsp **ground coriander**
- [ ] ½ tsp **garam masala**
- [ ] 1 large **tomato** (or 2 small), chopped
- [ ] **salt**, to taste
- [ ] ⅓ cup finely chopped **coriander leaves**

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten. 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. Cut 2–3 lengthwise slits in the eggplant without separating it. If you like, push 2 green chillies and 3 garlic cloves into the slits. 1:18
2. Roast the eggplant directly over a medium gas flame, turning often, until charred all over and soft right through (check with a fork). Let it cool. 1:49
3. Peel off the skin (don't rinse, it washes away flavour), cut off the stem and mash the flesh with the roasted chilli and garlic. 2:53
4. Heat 4 tbsp oil in a pan, add the cumin seeds, then the hing and the onions, and fry 2 minutes on medium heat. Add the ginger-garlic and green chillies and fry 30 seconds. 3:39
5. Lower the heat, stir in the turmeric, chilli powder, cumin and coriander for 30 seconds, then add the tomato and cook 2–3 minutes until soft. 5:16
6. Mix in the mashed eggplant, then the salt, garam masala and coriander leaves, and stir over medium heat for a minute. Serve hot with extra coriander. 6:08

> **Tip** Serves about 4 as a side (our estimate). Kabita serves it with roti or paratha (not in the numbers); for paleo, cook it in ghee or avocado oil instead of a seed oil. Grilling the eggplant over an open flame gives the smoky taste.

The method is a summary in our words, in English — the video (in Hindi) shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
190 kcal	**2.5 g**	**16 g**
790 kJ	5% of a day	11 g net · 7.7 g sugars
		6% of a day

FIBRE	FAT	SODIUM
5.1 g	**14 g**	**400 mg**
18% of a day	1 g saturated	17% of a day
	18% of a day	

Energy from net carbs 24% · protein 6% · fat 70% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Omega-3 77% · Vitamin C 23% · Vitamin E 22%

Source of (10–19%) Vitamin K 18% · Vitamin B6 15% · Folate 11% · Potassium 10%

Recipe and video: Kabita's Kitchen on YouTube — youtube.com/watch?v=-84Zz2EP4h4. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, 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/kabita-baingan-bharta