

## Okra and Eggplant Curry

3 Tbsp vegetable oil  
pinch fenugreek seeds  
pinch fennel seeds  
2-3 cardamom pods  
 $\frac{3}{4}$ -inch cinnamon stick  
1 bay leaf  
3 garlic cloves, chopped  
2 onions, finely chopped  
 $\frac{1}{2}$  tsp ground turmeric

$\frac{1}{2}$  tsp chili powder  
1 tsp ground coriander  
1 Tbsp tomato paste  
2 tomatoes, finely chopped  
6 oz okra, chopped  
6 oz eggplant, chopped  
salt to taste  
cilantro to garnish

- Heat oil in saucepan and add fenugreek, fennel cardamom, cinnamon, bay leaf, garlic, onions. Cook until onions are golden.
- Add turmeric, chili powder, coriander, tomato paste, stirring and heating. Stir in tomatoes and 2 cups water. Boil and reduce heat to simmer 20 minutes until sauce is thick.
- Add okra and eggplant, salt to taste and stir. Cover and cook on low for 5 minutes or until eggplant is tender.