



EGGPLANT & KUMARA CURRY

Takes 40 mins | Serves 6

Simon Gault in the house, 5 time judge of Masterchef, founder of 8 award-winning restaurants, bestselling author of 4 books, and private chef to squillionaires. And he's created this Sri Lankan inspired curry just for us!

Coconut Red Rice

- 2 c red rice
- 2 c vegetable stock
- pinch sea salt
- 1 c coconut milk

Eggplant & Kumara Curry

- 2 large eggplant (~800 g)
- 3 ½ tsp sea salt
- 1 onion, finely diced
- 1 tsp black mustard seeds
- 2 cloves garlic, finely chopped
- 1 green chilli, sliced
- 6 sprigs curry leaves
- 1 cinnamon stick
- 1 pinch saffron (optional)
- 2 tbsp curry powder
- 2 c vegetable stock
- ½ tsp ground ginger
- 6 baby kumara, cut in wedges
- 1 ½ c coconut milk
- ½ c cashew nuts

To Serve

- fresh ginger root, peeled and julienned, to garnish

01

Coconut Red Rice: Rinse rice, then cook with stock and salt for 15 mins lid on. Add coconut milk, replace lid, and cook for a further 15 mins. Remove from heat and allow to rest, lid on, for 10 mins. Fluff with a fork just before serving.

02

Eggplant: Preheat oven to 200°C. Cut eggplant in thick slices then into batons, place on a tray, and sprinkle with 2 tsp salt. Set aside to sweat for 30 mins. Using a paper towel, pat eggplant dry to soak up the moisture the salt extracted. Transfer batons to a baking tray and roast 20 mins until soft and tender.

03

Curry: In a saucepan, sauté onion and mustard seeds in a little olive oil (or water) for 3 mins. Add garlic, chilli and 10 of the curry leaves and sauté a further 2 mins. Add cinnamon stick, saffron, curry powder, stock, ginger, remaining salt, and kumara. Simmer for 10–15 mins until kumara is tender. Meanwhile, blend coconut milk and cashew nuts in a blender until smooth then pour into the curry. Add eggplant at end until heated, then taste and season if desired.

04

Curry Leaves: Heat a little coconut oil until it sizzles, then add the remaining curry leaf sprigs and fry until crispy approx 30–60 seconds. Transfer onto a paper towel and let cool.

05

Garnish curry with fried curry leaves, fresh julienned ginger, and serve with coconut red rice.

See **Notes** section on BE GOOD for extra tips, substitutes and more.