

Afghan Borani Banjan



Ingredients

- ❖ 5 long eggplants, sliced
- ❖ Vegetable or olive oil, spray can
- ❖ 3 medium brown onions, diced
- ❖ 4 medium tomatoes
- ❖ 1 medium red capsicum
- ❖ 1 medium green capsicum
- ❖ Added vegetables/legumes (e.g. chickpeas)
- ❖ 3 cloves of garlic
- ❖ 1 teaspoon paprika
- ❖ 1 teaspoon turmeric
- ❖ 1 teaspoon curry powder
- ❖ Salt-reduced tomato passata
- ❖ Low fat yoghurt
- ❖ Fresh mint, finely chopped
- ❖ Coriander to garnish

Method

Serves 8-10

1. Wash and slice the eggplants
2. Spray a thin layer of oil onto a non-stick frypan
3. Lightly fry eggplants until browned
4. Remove eggplants from pan and place on paper towel to soak up excess oil
5. In the same pan, spray a thin layer of oil and fry the diced onion until transparent
6. Add the tomato, capsicum, garlic, spices and passata to the onion and cook until soft
7. Add any extra vegetables and legumes to your liking
8. Add the eggplants back into the pan to soften and flavour them
9. In a bowl mix the yoghurt with a clove of grated garlic and finely chopped mint
10. Layer half of the eggplants on a dish
11. Pour some of the tomato sauce on top and spread evenly
12. Add another layer of eggplants, followed by another layer of tomato and onion sauce
13. Spread yoghurt on top and sprinkle with coriander
14. Serve with wholemeal Afghan bread