



## Smoky aubergine curry with cauliflower parathas Free Recipe 10042025

### Description

### Recipe

#### Smoky aubergine curry with cauliflower parathas

This easy aubergine curry is full of flavour and takes minutes to make. Making your own parathas is surprisingly quick and easy, too – these have a spiced cauliflower filling. This is a veggie feast for two.

Each serving provides 633 kcal, 12.9g protein, 72.3g carbohydrate (of which 13.7g sugars), 30g fat (of which 3.9g saturates), 11g fibre and 2.93g salt.

[Banzai Japan MV](#)

[https://www.youtube.com/watch?v=k\\_vQsyC\\_F1A](https://www.youtube.com/watch?v=k_vQsyC_F1A)

### Shopping List

Fruit and vegetables 1 large aubergine (around 300g/10½oz) 90g/3¼oz grated cauliflower and 15g/½oz cauliflower leaves, finely chopped 1 green chilli, finely chopped with seeds or 1 tsp red chilli flakes 2 green chillies, seeds in, finely chopped 1 tsp ground coriander large handful fresh coriander, roughly chopped 10g/?oz fresh coriander, leaves finely chopped, plus extra to garnish 4 garlic cloves, finely chopped 1 tsp finely grated fresh root ginger 1 medium red onion, roughly chopped 2 large ripe tomatoes, finely chopped Cooking ingredients 1 tsp cumin seeds 1 tsp garam masala salt, to taste a generous pinch fine sea salt 1 tsp rapeseed or sunflower oil, plus 2 tbsp extra for brushing 3 tbsp rapeseed or sunflower oil 1 tsp ground turmeric 150g/5½oz plain flour (you can use chapati flour, plain flour or a mix of plain and wholemeal flour), plus extra for dusting Dairy, eggs and chilled knob of butter (optional)

<https://youtu.be/RR8YYeb4PMk?si=KmCkolvULfrlxyK9>

[Book Novotel Hotel](#)

Mion Music Video – [Home Page](#)

## Category

1. Country
2. All Recipes

## Tags

1. coriander
2. sunflower oil
3. handful fresh coriander
4. medium red onion
5. sea salt
6. plain flour
7. garam
8. finely grated fresh root ginger
9. chilli
10. flour
11. cauliflower
12. grated fresh root ginger
13. garlic
14. ginger
15. green
16. large handful fresh coriander
17. red onion
18. fresh
19. rapeseed
20. grated cauliflower
21. onion
22. tomatoes
23. grated
24. large aubergine
25. cumin
26. fine sea salt
27. sunflower
28. salt
29. garam masala
30. large
31. Dairy-free
32. cloves
33. masala
34. knob of butter
35. Egg-free
36. ground coriander
37. ground turmeric
38. knob

39. Pregnancy-friendly
40. ground
41. plain
42. wholemeal flour
43. Fakeaway
44. chillies
45. butter
46. wholemeal
47. Vegetarian
48. turmeric
49. aubergine
50. generous pinch fine sea salt
51. Smoky aubergine curry with cauliflower parathas
52. fresh root ginger
53. oil
54. pinch fine sea salt
55. garlic cloves
56. root ginger
57. green chillies
58. large ripe tomatoes
59. fresh coriander
60. green chilli
61. curry
62. ripe tomatoes

**Date Created**

April 3, 2025

**Author**

admin

default watermark