

# Curried Greens & Eggplant

serves 6

This is a wonderful dish with a balance of spicy, bitter, smooth, sour, and savory. Try it with assorted fresh and seasonal greens.

**6 T. grapeseed, peanut, or other mild oil**  
**1 small eggplant, 3/4" cubes**  
**1/2 tsp. garam masala**  
**1/2 tsp. turmeric**  
**2 fresh green chilies, seeded and minced**  
**1 tsp. fennel seed, crushed**  
**1 tsp. coriander seed, crushed**  
**1 tsp. cumin seed, crushed**

**1/2 bay leaf**  
**1 lb. fresh assorted cooking greens, such as spinach, bok choy, Chinese greens... washed and chopped coarsely**  
**2 tsp. maple syrup**  
**1 1/2 tsp. salt**  
**1 T. lemon juice**  
**1 lemon, cut into wedges**

Heat 4 tablespoons of the oil in a wok or large frying pan over medium high heat. Drop in the eggplant cubes and fry until medium brown and crisp. Remove with a slotted spoon and drain on paper. While still warm, place in a bowl and toss with the garam masala and turmeric.

Heat the remaining 2 T. oil on medium high heat in the same pan. Add the chilies, seeds, and bay leaf. Fry for one minute. Add the greens (coarsest ones first, then the most delicate last). Reduce the heat to medium and sauté just until the greens are wilted. Turn the heat to low, add the maple syrup, salt, lemon juice, and fried eggplant. Serve immediately garnished with the lemon wedges.

Optional additions:

- Stir 2 tsp. ghee (clarified butter) into finished dish.
- Make a sauce with 1/4 cup yogurt, 2 tsp. olive oil, a pinch each of ground cumin, ground coriander, salt, sugar, and a tiny pinch of cayenne. Serve at the table.

Serve this side dish with Coconut Basmati Rice, Mixed Veggie Curry, Dal, Chutney, and Raita for a feast. They're all relatively quick-to-prepare side dishes and combine to create a memorable meal. Finish it off with Chai and fresh fruit.