
Low Carb: Chicken Keema Stuffed Eggplants

with Cilantro, Chiles, & Yogurt



40-50min



2 Servings

What we send

- 10 oz pkg ground chicken
- 1 eggplant
- garlic
- ¼ oz cumin seeds
- 2 (¼ oz) garam masala
- 1 red onion
- 1 oz fresh ginger
- 1 jalapeño chile
- 4 oz Greek yogurt ⁷
- ½ oz fresh cilantro
- 8 oz tomato sauce

What you need

- kosher salt & ground pepper
- neutral oil

Tools

- rimmed baking sheet
- medium skillet
- microplane or grater

Allergens

Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 0kcal

1. Prep eggplant

Preheat oven to 450°F with a rack in the center. In a small bowl, whisk together half the garam masala and 2 tablespoons oil. Halve eggplant lengthwise, then use a knife to gently score a crosshatch pattern into the flesh (do not pierce the skin). Transfer to a rimmed baking sheet; drizzle cut sides with spiced oil and season with salt and pepper, making sure seasoning gets in crevices.

4. Cook chicken

Add **chicken** to skillet; season with **salt** and **pepper**. Cook, breaking up meat into smaller pieces with a spoon, until bottom of skillet is dry and mixture begins to sizzle, 4-5 minutes. Continue cooking, stirring frequently, until lightly browned, another 2-3 minutes. Add **remaining garam masala** ; cook, stirring constantly, until fragrant, about 1 minute.

2. Prep ingredients

Roast eggplant, cut sides down, until flesh is tender when pierced with a fork, about 30 minutes.

Meanwhile, finely chop onion. Finely grate **2 teaspoons each of ginger and garlic**. Remove stem and seeds from jalapeño; finely chop. In a bowl, combine **¼ each of the chopped onions and jalapeños**; set aside for serving.

5. Simmer

To skillet, add **tomato sauce**, and 2 tablespoons yogurt; scrape any browned bits from bottom of skillet. Bring mixture to a simmer. Cover and simmer over medium-low heat, stirring occasionally, until a spoon scraped across bottom of the skillet leaves a clear trail, 12-15 minutes.

3. Cook aromatics

In a medium skillet, heat **2 tablespoons oil** over medium-high until shimmering. Add **cumin seeds**; cook until fragrant, about 30 seconds. Add **remaining onions** and cook, stirring occasionally, until onions are browned, 4-5 minutes. Add **remaining jalapeños, garlic, and ginger**; cook until fragrant, about 1 minute.

6. Finish & serve

Finely chop cilantro leaves and stems; stir into keema. Season to taste with salt and pepper.

In a small bowl, stir together remaining yogurt and 2 tablespoons water; season with salt and pepper. Top eggplant with keema. Drizzle with yogurt and top with reserved chopped onion and jalapeño. Enjoy!