



Vegan Aloo Baingan

Eggplant & Potato Indian Curry



30-40min



2 Servings

This hearty Indian curry features eggplants, potatoes, and tomatoes in an aromatic sauce over fluffy basmati rice—and everyone can indulge since it's vegan! Toasted cumin seeds, garam masala, and a garlic-ginger paste bring deep flavors to the curry while the potatoes and eggplant simmer in the fragrant sauce. A final touch of vinegar and fresh cilantro brightens up this satisfying crowd-pleaser.

What we send

- 5 oz basmati rice
- 1 potato
- 1 eggplant
- 1 yellow onion
- 2 plum tomatoes
- 1 oz fresh ginger
- garlic
- ½ oz fresh cilantro
- ¼ oz cumin seeds
- ¼ oz garam masala

What you need

- kosher salt & ground pepper
- olive oil
- red wine vinegar (or white wine vinegar)

Tools

- small saucepan
- microwave
- microplane or grater
- medium skillet

Cooking tip

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Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 880kcal, Fat 45g, Carbs 110g, Protein 14g



1. Cook rice & potatoes

In a small saucepan, combine **rice**, **1 ¼ cups water** and **½ teaspoon salt** and bring to a boil. Cover; cook over low until liquid is absorbed, about 17 minutes. Remove from heat and keep covered.

Peel **potatoes**; cut into ¾-inch pieces. Microwave potatoes in a covered bowl until nearly fork-tender, stirring halfway through, 4-6 minutes.



4. Cook masala

Add **onions** and a **pinch of salt**. Cook, stirring often, until golden brown, 8-10 minutes. Add **garlic-ginger paste**, **cilantro stems**, and **garam masala**; cook, stirring often, until aromatic, about 1 minute. Add **tomatoes** and a **pinch of salt**; cook until tomatoes have broken down and **oil** begins to separate, 4-5 minutes.



2. Prep ingredients

Trim stem end from **eggplant**; cut into ¾-inch pieces. Finely chop **onion**. Cut **tomatoes** into ½-inch pieces. Peel **ginger**. Into a small bowl, finely grate half the ginger and **2 large garlic cloves**. Pick **cilantro leaves** from **stems**. Finely chop stems and coarsely chop leaves; keep separate.



5. Cook eggplant & potatoes

Add **eggplant**, **potatoes**, and **¼ cup water** to skillet; season with **salt** and **pepper**. Cover and cook over medium-low heat until eggplant is soft and tender but still holds its shape and potatoes are fork tender, 8-10 minutes. Stir vegetables periodically to prevent sticking. If skillet gets dry before vegetables are cooked, stir in **¼ cup water** and continue cooking.



3. Brown eggplant

Heat **¼ cup oil** in a medium skillet over medium-high. Working in batches if necessary, cook **eggplant**, stirring occasionally, until well browned in spots and softened, 4-6 minutes. (Add more oil as necessary if cooking in batches.) Transfer eggplant to a plate. Add **2 tablespoons oil** and **half the cumin seeds** to skillet; cook until seeds begin to sizzle and pop, 30-60 seconds.



6. Finish & serve

Stir in **1 teaspoon vinegar**; season to taste with **salt** and **pepper**. Stir in **chopped cilantro leaves**. Serve **aloo baingan** with **rice**. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

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