

A close-up photograph of a bowl of Eggplant & Lentil Apricot Curry. The dish is a thick, dark red-brown stew containing lentils, eggplant, and apricots. It is garnished with fresh green herbs and a dollop of white yogurt. In the background, a bowl of white rice and a small dish of yogurt with herbs are visible.

**EGGPLANT & LENTIL
APRICOT CURRY**

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SERVINGS
4



TIME
25 min



GF



NF



SF

INGREDIENTS

2 medium eggplants

1 tsp (5 mL) olive oil

1 tsp (4 g) salt

2 tsp (10 mL) coconut oil

1 medium onion, diced

3 cloves garlic, minced

2 tsp (8 g) ground cumin

2 tsp (8 g) ground coriander

1 tsp (4 g) ground cinnamon

1 red bell pepper, finely diced

1 can (400 mL) diced tomatoes

1 cup (265 g) cooked brown lentils

¼ cup (30 g) dried apricots, diced

½ tsp salt

¼ tsp ground black pepper

Optional Garnish

Lemon wedges

Fresh mint leaves, thinly sliced

Coconut yogurt

DIRECTIONS

1. Preheat oven to 400°F (200°C) on convection oven setting. Wash and cut the tops off the eggplant. Cut each eggplant in half, lengthwise and cut cross-hatches into the flesh. Sprinkle each side with ¼ tsp of olive oil and ¼ tsp salt and rub in. Place on a parchment lined baking sheet and bake for 20 minutes, until the eggplant is easily pierced with a fork. When fully roasted, remove from the oven, and when cool enough to handle, use a spoon to scrape out the cooked middle. Set aside.
2. While the eggplant is roasting, heat the coconut oil in a large pot on medium high heat. Sauté the onions until soft, about 3 - 5 minutes. Add splashes of water as needed to deglaze the pot.
3. Add the garlic, cumin, coriander, and cinnamon and sauté until fragrant, about a minute.
4. Add the bell pepper, can of tomatoes, lentils, apricots, salt, pepper, and roasted eggplant. Heat through until the bell peppers are soft, but still crunchy.
5. Serve with rice or naan and some fresh lemon and coconut yogurt if desired.

NOTES

- **Storage:** keep in an air-tight container in the fridge for up to 4 days, or in the freezer for up to one month.
- **Variations:** add in some diced chili pepper for some heat; try it with roasted zucchini or cauliflower instead.