

# CHICKEN & EGGPLANT

No. of Pax. – 04

<b>Ingredients</b>	<b>Qty.</b>	<b>Protein</b>	<b>Fat</b>	<b>Carbohydrate</b>
Chicken with Skin	600gms.	155.4	3.6	Nil
Eggplant	400gms	6.4	1.2	16
Onion	200gms.	2.4	0.2	22.2
Chicken Stock	200ml.	N/A	N/A	N/A
Tomato	200gms.	1.8	0.4	7.2
Garlic	5gms.	N/A	N/A	N/A
Ginger	5gms.	N/A	N/A	N/A
Fenugreek	5gms.	N/A	N/A	N/A
Cumin Powder	15gms.	2.805	2.25	5.49
Turmeric Powder	5gms.	N/A	N/A	N/A
Red Chilly Powder	5gms.	N/A	N/A	N/A
Black Pepper Powder	5gms.	N/A	N/A	N/A
Ghee	15ml.	Nil	15	Nil
Seasoning	As Reqd.	N/A	N/A	N/A
Refined Flour	50gms.	5.5	0.45	36.95
Refined Oil (To Fry)	300ml.	Nil	90	Nil
Coriander Leaf	30gms.	4.11	1.77	12.69
Total		178.415	114.87	100.53

**Total Nutritive Value** - **393.815gms.**  
**Total Calorific Value** - **2149.61kcal**  
**Total Calorie Per Person** - **537.40kcal**

## PROCEDURE

1. In a large bowl mix lengthwise cut eggplant, salt, pepper, and flour.
2. Deep-fry eggplant till lightly crisp.
3. Drain well on paper towel.
4. In non-stick pan heat clarified butter, splitter fenugreek till it turns dark.
5. Add sliced onions, and sauté till light brown.
6. Put turmeric, cumin, garlic, ginger, and chilly powder. Stir for 1 min.
7. Salt and pepper chicken pieces and transfer to the onion mixture.
8. Brown chicken thoroughly in medium heat.
9. Add tomatoes and chicken broth. Cook the chicken mixture for 10 min.
10. When the gravy is thickened well, transfer eggplant to the pan.
11. Fold eggplant into the chicken mixture.
12. Cook in low heat till the excess liquid is evaporated off.
13. Garnish with chopped cilantro.
14. Serve with roti, or rice.

**Texture** - Semi thick.

**Colour** - Brown.

