

Lunch Recipes

Brown rolls with Eggplant Stew

**One
Life
Suffolk**

Ingredients (Serves 4)

-  Wholemeal medium brown rolls (4x pack)
-  1 eggplant, chopped
-  1 garlic clove, chopped
-  1 medium sized onion, chopped
-  1 medium tomato chopped
-  Mixed bell peppers (x3) sliced
-  Seasonings (optional): chili, thyme, curry, mixed spices
-  Vegetable oil 1tbsp
-  1 medium egg (boiled)



Method

1. Add onion, garlic, and oil into a pot. Cover and cook for approx. 5 minutes.
2. Add tomatoes and peppers and cook for further 5 minutes.
3. Add seasonings.
4. As the mixture starts to bubble, add the eggplant. Reduce the heat and then let the mixture simmer for about 40-30minutes until tender.
5. In a small pan, add water and boil 1 egg for approx. 15 minutes.
6. Serve mixture with brown rolls and 1 boiled egg.

Nutritional Information

[Approx. Per Serving]

Calories: 465Kcal
Carbohydrate: 45g
Fat: 14g
Protein: 10g

Cost:

[Approx.]
Total Ingredients: £6.50
Per Serving: £1.60