

Instant Pot Indian Spicy Eggplant



Recipe courtesy of Food Network Kitchen

Level: Easy

Yield: 4 servings

Total: 1 hr

Active: 30 min

Ingredients:

- 1 large eggplant
- 2 tablespoons vegetable oil
- 1 teaspoon curry powder
- 1 teaspoon cumin powder
- 1/2 teaspoon ground turmeric
- 1 small onion, diced
- 1 tablespoon minced ginger
- 2 cloves garlic, minced
- 3 plum tomatoes, diced
- Kosher salt
- 1 cup frozen peas, thawed
- Cooked basmati rice, for serving, optional
- 1 tablespoon fresh cilantro leaves, chopped
- 1 tablespoon fresh mint leaves, chopped

Directions:

Special equipment: a 6- or 8-quart Instant Pot® multi-cooker



- 1** Poke the eggplant 2 to 3 times on each side with a knife. Put the eggplant on the rack in a 6-quart Instant Pot® and pour 1 cup water into the pot. Follow the manufacturer's guide for locking the lid and preparing to cook. Set to pressure cook on high for 20 minutes (see Cook's Note).
- 2** After the pressure-cook cycle is complete, follow the manufacturer's guide for quick release and wait until the quick-release cycle is complete. Being careful of any remaining steam, unlock and remove the lid. Remove the eggplant and rack. The eggplant should be completely soft and deflated. Set aside.
- 3** Turn the pot to the high saute setting and when hot, add the oil. Stir in the curry powder, cumin and turmeric and cook until the spices are fragrant, about 30 seconds. Stir in the onions to coat in the oil and spices. Cook, stirring frequently, until the onions are softened and slightly browned, 7 to 8 minutes. Add the ginger and garlic and stir to coat. Cook until the garlic starts to soften, 1 to 2 minutes more. Add the tomatoes and cook until they break down and lose their structure, 6 to 7 minutes. Add 1 teaspoon salt. Cut the eggplant into chunks. Add the eggplant and peas to the pot and cook until completely warmed through, 2 to 3 minutes. Add additional salt to taste.
- 4** Serve warm with rice if desired and sprinkle with cilantro and mint.

Cook's Note

Settings may vary on your Instant Pot® depending on the model. Please refer to the manufacturer's guide.