



# ***Flying Inspiration***

*Fly with the Feminine ...*

**Gabriella Guglielminotti Trivel's recipes**

## **Aubergines Indian style**

**Suggestions:** a dish rich in vitamins and minerals such as iron, magnesium, manganese, phosphorus, potassium, zinc and calcium with a satisfying taste, easy to make and perfect for Summer days when you don't feel like spending much time cooking!

### **Instructions**



olive oil



CUMIN SEEDS

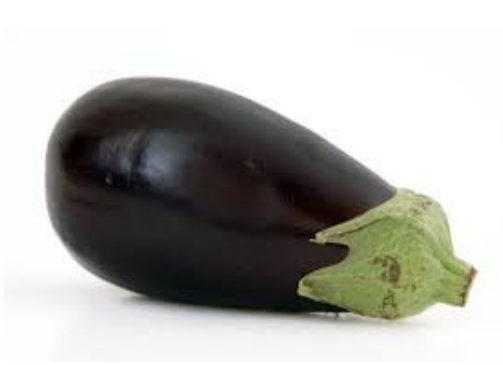


garam masala



coriander powder

Fry some finely chopped onions in olive oil, add some cumin seeds, coriander powder and garam masala.



Add some coconut cream flakes and the diced aubergines, let it all cook down a bit.



tomato sauce

sea salt



Dill



Add the tomato puree and salt. Let it cook at medium heat until the sauce starts reducing; add the fresh chopped dill to garnish before serving.



If you like this recipe, I would like to read your comments!  
Contact me on [www.flyinginspiration.com](http://www.flyinginspiration.com)