

Lunch Recipe: Bharta Eggplant Panini with Buffalo Mozzarella

Bharta

1 large eggplant

2 tbsp vegetable oil

2 medium-sized onions (finely chopped)

1 tbsp garlic (chopped)

1 tbsp ginger (chopped)

1-2 green chillies (optional, if you like the heat, to taste)

3 large tomatoes (finely chopped)

1/2 tsp coriander powder

1/2 tsp cumin powder

½ tsp turmeric

a pinch of paprika

1/2 tsp Life is a Recipe® Garam Masala

3 tbsp fresh cilantro (finely chopped)

1 cup of frozen peas

salt (to taste)

Panini

Ciabatta bread

Veganese spread

1 large tomato (sliced)

2 cups of arugula

1 red bell pepper (sliced)

Buffalo mozzarella

Bharta

1. Preheat your oven to 350 degrees.
2. Poke holes all over the eggplant. Place eggplant on a baking sheet and take for 30-45 minutes, until the eggplant deflates (this depends on your oven).
3. Be careful not to burn the eggplant. Set aside and let eggplant cool.
4. Once cooled, peel eggplant and mash.
5. In a large pot heat vegetable oil. Saute garlic and ginger.
6. Next, add in eggplant, tomatoes, green chilies, frozen peas,coriander, cumin, turmeric, paprika, garam masala, cilantro and salt to taste. Mix well.

Panini

1. Pre-heat panini maker.
2. Take a piece of ciabatta bread and cut in half.
3. Spread bharta mixture on one slice of bread.
4. Add handful of arugula, a few slices of bell pepper, two slices of tomato and 2-3 balls of buffalo mozzarella.
5. On the other slice of bread, spread veganese and cover the sandwich.
6. Grill 5 minutes, or until nicely toasted and the cheese has melted.
7. Remove from the panini grill. Cut in half and enjoy.