

HEIDI'S Eggplant and Coconut

It's not only my favourite, it's also the favourite of all my friends who have tried it!

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| Salt | Coconut milk |
| Oil | Onion |
| Flour or breadcrumbs | Pepper |
| Egg | Tomato sauce |
| Eggplant slices | Chicken broth |

Dip the sliced eggplant in the egg and flour

Fry the pieces until they are golden

Chop 1 onion and 1 bell pepper

In another pot fry the onion and the peppers.

Add the broth, a little salt and the tomato sauce

Add the coconut milk and stir

Add the fried eggplant and leave it to simmer for about 5 or 7 minutes

Eat with rice

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