



Fried eggplants (Aubergines sautées)

Ingredients

- Mediums Garden Egg
- Onion
- Tomatoes
- Fresh Pepper
- cups Prawns
- Smoked shrimps (dressed)
- tbsp Palm Oil
- Ginger
- MAGGI Crevette

Instruction

1. Heat up a saucepan for 1 min. Add roughly cut garden eggs, onions, pepper, tomato and pot roast for 5 min. Remove and rough blend
2. In a pan, add palm oil and allow to heat for 2 min, add the roughly blended veggies and stry fry for 10 min
3. Add the smoked fish, prawns, MAGGI, stir cover and allow to cook for another 10 min
4. Add the ginger leaves and serve with boiled yam

Nutrition

Les glucides	13,81 g
Énergie	201,8 kcal
Les graisses	11,77 g
Fibre	4,42 g
Protéine	11,71 g
Graisses saturées	3,44 g
Sodium	1298,1 mg
Les sucres	7,21 g

35 Minutes

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