

Keema curry with aubergine and tomato

Total time **30 mins** 10 mins preparation time 20 mins cooking time

Nutritional facts (per portion):
2,800 kJ / 670 kcal

Fat: **24 g** Protein: **32 g**
Carbohydrates: **78 g**

INGREDIENTS

2 portion(s)

Curry base:

1 leek
200 g mince (beef, pork or plant-based)
5 g garlic
5 g ginger
120 g aubergine
2 tsp curry powder
1 tbsp [Kikkoman Concentrated Ramen Noodle Soup Base - Shoyu \(Soy Sauce\) Flavour](#)
1 tbsp [Kikkoman Naturally Brewed Soy Sauce](#)
1 tbsp ketchup
1 tbsp rapeseed oil
0.5 tsp cumin seeds
200 ml water

Serving:

400 g cooked rice

Toppings:

5 cm leek (white part only)
1 medium tomato (about 70 g)

PREPARATION

Step 1

5 g garlic - **5 g** ginger - **1** leek - **120 g** aubergine - **1** medium tomato (approx. 70 g)

Finely chop the garlic and ginger. Cut 5 cm from the white part of the leek, then shred it finely lengthwise for the topping. Cut the remaining leek into small pieces. Cut the aubergine into 1 cm cubes and soak in salted water (500 ml water with 1 tsp salt) for about 10 minutes, then drain. Cut the tomato in half horizontally.

Step 2

1 tbsp rapeseed oil - **0.5 tsp** cumin seeds - **2 tsp** curry powder - **200 g** mince (beef, pork, or plant-based) - **200 ml** water

Heat the rapeseed oil in a frying pan over low heat. Add the garlic and ginger from Step 1 along with the cumin seeds and sauté gently until fragrant. Grill the tomato cut-side down in a free space in the pan until lightly browned. Add the chopped leek and curry powder and stir-fry briefly. Turn the tomato over; once slightly softened, remove it from the pan and set aside. Add the mince and cook until lightly browned. Drain the aubergine cubes and add them to the pan along with the water, cover and simmer over low heat for 15 minutes.

Step 3

1 tbsp [Kikkoman Naturally Brewed Soy Sauce](#) - **1 tbsp** [Kikkoman Concentrated Ramen Noodle Soup Base - Shoyu \(Soy Sauce\) Flavour](#) - **1 tbsp** ketchup
Add the Kikkoman Soy Sauce, Kikkoman Ramen Soup Base and ketchup to the pan. Stir well until the flavours are evenly combined.

Step 4**400 g** cooked rice

Serve the curry over the cooked rice. Top with the grilled tomato and drained shredded leek from Step 1 to finish.