

Eggplant curry with baby squash

5 Eggplant[skinny long ones,or one big fat one] peeled and diced
1 good handfull of squash
1 Onion chopped
3 Tomatoes diced
2 garlic chopped
1 stalk lemon grass crushed
1 bunch fresh coriander chopped
Ginger about one tablespoon grated
Water from one coconut or coconut cream
1 teaspoon curry powder
1 teaspoon cumin powder
pepper chilly to taste

Fry onion,garlic ,ginger and lemongrass for a couple of minutes in a little olive oil,then add curry powder and cumin fry a little longer and then add the eggplants and coat with the spice mixture.Add the diced tomatoes and coconut-water or cream and cook for about five to ten minutes till eggplant start to go soft then put in the baby squash and cook a further couple of minutes. Eggplant should be soft while squashes still a little crunchy.Season with chilly and pepper to taste. Sprinkle with plenty of coriander.

Udon Noodle salad

250gr Udon Noodles
a few leaves rocked salad
about 100gr baby spinach, young silver-beet or bunch of Chinese green-vegetables
2 ripe tomatoes
2-3 sliced spring onions
Coriander
Juice of a lemon or lime
little fish sauce
Olive oil
Sprinkle of brown sugar
salt pepper chilly to taste

Cook the noodles and rinse in cold water. Steam or blanch the vegetables quickly and also rinse in cold water so the vegetables retain the green .Make a dressing with the remaining ingredients and toss noodles and greens in it.
This salad tastes fantastic with a fresh ripe mango