Bang Curry with Aubergine and Brown Rice

Question: Is this recipe called Bang Curry because a) It'll cause an explosion of flavour in your mouth, b) It's originally from Bangladesh, c) Because it's totally 'banging', or d) all of the above? All you need to do is taste it and you'll be jumping up and down in your seat like a five year old! We're really excited to be teaming up with the rather wonderful Shelly from Bang Curry for this evening's recipe - check out her cooking classes at bangcurry.com. P.S. Half a packet of spice is good for two people but add it a bit at a time because it's cheeky!

🕐 35 min   🍴 healthy

🌾 gluten free

Ⓥ veggie

Onion	Garlic Clove	Ginger	Brown Rice	Aubergine	Cauliflower
Yellow Pepper	Shobji Spice	Tomato Purée	Natural Yoghurt	Paneer	Coriander

| Ingredients	2P	4P
Onion, chopped	1 cup	2 cups
Garlic Clove, chopped	1	2
Ginger, chopped	½ tbsp	1 tbsp
Brown Rice	1 cup	2 cups
Aubergine, chopped	1	2
Cauliflower	½	1
Yellow Pepper, chopped	1	2
Bang Curry: Shobji Spice **1**	1 tbsp	2 tbsp
Tomato Purée	2 tbsp	4 tbsp
Natural Yoghurt **2**	1 pot	2 pots
Paneer, chopped **2**	1 cup	2 cups
Coriander, chopped	3 tbsp	5 tbsp

⊕ May feature in another recipe

💧 Our produce comes fresh from the farm so give it a little wash before using

Nutrition per serving: Calories: 469 kcal | Protein: 15 g | Carbs: 96 g | Fat: 8 g | Saturated Fat: 3 g
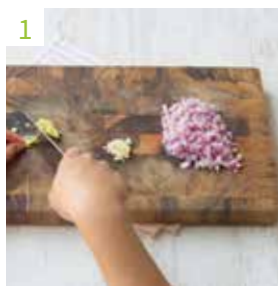
1 Boil a large pot of water on high heat with ¼ tsp of salt for your rice. Peel and very finely chop the onion and the garlic. Peel the ginger with the edge of a spoon and finely chop.

2 Rinse the rice under running water for 30 seconds and then add to the rapidly boiling water. Cook the rice for around 25 mins until it is soft then drain and keep to the side. Tip: *Make sure the water is rapidly boiling to cook the rice quickly.*

3 Slice the aubergine in half lengthways then slice each half lengthways into 2cm strips then chop widthways into bite sized cubes. Cut up the cauliflower by first slicing off the stalk and then cutting down into florets. Toss the vegetables in 2 tbsp of oil. Remove the core from the pepper and chop into 2cm chunks.

4 Heat a non-stick pan over high heat and once really hot, stir fry the aubergine and cauliflower in batches for 4 mins per batch. After they are all cooked through, remove them from the pan and keep to the side.

5 Put the (now empty) pan back on medium heat and add 1 tbsp of oil. Once hot, add the pepper chunks, onion, garlic and ginger and cook for 5 mins (or until soft). Tip: *To make the sauce a little richer use half butter (if you have some) and half oil at this stage.*

6 Mix the spice, tomato purée and 3 tbsp of water to make a thick paste and add to the pan. Cook for a further 2 mins then add the yoghurt and ¼ tsp of sugar (if you have some).

7 Season the aubergine and cauliflower with ¼ tsp of salt and add these to the curry mixture. Chop the paneer into bite sized chunks, season with a pinch of salt and add as well. Turn the heat to low and gently cook for around 10 mins. Tip: *Add ½ cup of water if you need to loosen up the sauce a bit.*

8 Chop some fresh coriander and stir this into the curry just before serving. Check the seasoning and add more salt if needed. Serve with your rice and a bit more coriander.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!