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Sweet Potato & Aubergine Malaysian Laksa Curry with Brown Rice

At the Fresh Farm our chefs love a good adventure. This aubergine laksa is an absolute flavour rollercoaster with the sweetness of coconut milk matched with the tang of lime and coriander. Fancy a ride? Get cooking!



40 mins



gluten free



veggie



lactose free



spicy



Onion (1)



Garlic Clove (1)



Ginger (1 tbsp)



Aubergine (1)



Sweet Potato (¾)



Brown Rice (1 cup)



Malay Curry Powder (2 tsp)



Organic Coconut Milk (200ml)



Vegetable Stock Pot (1)



Red Split Lentils (½ cup)



Lime (½)




Coriander (3 tbsp)



Kale & Rainbow Chard Mix (½ pack)

Ingredients

	2 PERSON	ALLERGENS
Onion, chopped	1	
Garlic Clove, chopped	1	
Ginger, chopped	1 tbsp	
Aubergine, chopped	1	
Sweet Potato, chopped	¾	
Brown Rice	1 cup	
Malay Curry Powder	2 tsp	
Organic Coconut Milk	200ml	
Vegetable Stock Pot	1	Celery
Red Split Lentils	⅓ cup	
Lime	½	
Coriander, chopped	3 tbsp	
Kale & Rainbow Chard Mix	½ pack	

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

Nutrition per serving: Calories: 628 kcal | Protein: 15 g | Carbs: 105 g | Fat: 20 g | Saturated Fat: 17 g



1 Peel and finely chop your onion, garlic and ginger. Cut the top off the aubergine, slice in half lengthways, slice each half into four strips to make eight lengths in total, then roughly chop these into 1½ cm cubes. Chop the sweet potato into 1½cm cubes as well (no need to peel, the skin is very good for you!).



2 Boil a large pot of water with ¼ tsp of salt. Rinse the brown rice under running water for 30 seconds. Tip the rice into the boiling water and rapidly boil for around 25 mins. **Tip:** *The rice will be ready once soft enough to eat, yet retaining some chewiness.*



3 Place a large saucepan on medium-low heat and add 1 tbsp of oil (coconut oil is best if you happen to have some!). Add your onion and saute for 8-10 mins. **Tip:** *Remember to stir your onions occasionally to stop them sticking!*



4 Now add the garlic, ginger and your Malay curry powder to the onion pan and stir for 30

seconds to release the aromatic spices. Next add the coconut milk, 450ml of boiling water, your stock pot, sweet potato and the red lentils. Bring to the boil and bubble away for 5 mins. Then add the aubergine, turn the heat down slightly, cover and leave to simmer for a further 12 mins.

5 In the meantime, juice half your lime and roughly chop the coriander.

6 Now stir the mixed kale and rainbow chard into the curry and leave to gently simmer for 3-5 mins, until nicely wilted.

7 Remove the pan from the heat and stir in the lime juice, coriander, ¼ tsp of salt and ¼ tsp of black pepper (if you think it needs it).

8 Your rice should now be fully cooked. Drain the rice and serve in bowls topped with your veggie curry. Enjoy!

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