



More Than Food
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Aubergine and Paneer Curry with Cinnamon Rice

Our Chef Mimi's friend, Milly, is a vegetarian. Mimi loves cheese and Milly loves vegetables - so this dish is a match made in heaven, because who doesn't love a curry?

35 mins

veggie

spicy

healthy



Paneer (1 block)



Aubergine (1)



Ginger (1½ tbsp)



Garlic Clove (1)



Coriander (3 tbsp)



Water (350ml)



Cinnamon Stick (1)



Basmati Rice (1 cup)



Goan Xacuti Spice
(1½ tsp)




Coconut Milk (200ml)

2 PEOPLE INGREDIENTS

- Paneer
- Aubergine, chopped
- Ginger, grated
- Garlic Clove, grated
- Coriander, chopped

- 1 block
- 1
- 1½ tbsp
- 1
- 3 tbsp

- Water 350ml
- Cinnamon Stick 1
- Basmati Rice 1 cup
- Goan Xacuti Spice 1½ tsp
- Coconut Milk 200ml

 Our fruit and veggies may need a little wash before cooking!

Did you know...

Most international fast food restaurants in India offer paneer, including McDonalds with its McSpicy Paneer!

Allergens: Milk.

Nutritional Value per total cooked weight per person

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
Per serving	647 kcal / 2680 kJ	28 g	22 g	67 g	10 g	33 g	0 g



1 Chop the **paneer** into 1cm cubes. Cut the **aubergine** in half lengthways, slice into thin strips and then chop into roughly 1cm pieces as well. Peel the **ginger** (you can do this with a spoon!), peel the **garlic** and then grate both of these. Finely chop the **coriander** stalks and roughly chop the leaves, keep them separate.



2 Pour the **water** (as specified in the ingredient table above) into a pot and bring to the boil with a good pinch of **salt** and the **cinnamon stick**. Once boiling, pour in the **rice**, reduce the heat slightly, put your lid on the pot and cook for 10 mins. Then take the pot off the heat and leave for a further 10 mins with the lid on. **Tip:** *If the rice is finished before everything else, don't worry it will keep warm in the pot!*



3 Add a good splash of **oil** to a large frying pan and add in your **paneer** chunks. Sprinkle over a pinch of **salt**, a good grind of **pepper** and cook for 5-6 mins on medium-high heat until slightly golden. Remove from the pan with a slotted spoon and put on some kitchen paper to absorb any excess **oil**.

4 Add your **aubergine** to the frying pan (no need to wash up your pan) with a splash more **oil** if you feel the pan is a bit dry and cook for 4-5 mins (still on medium-high heat) until the **aubergine** is lovely and golden.



5 Add the **Goan xacuti spice**, **ginger**, **garlic** and **coriander** stalks. Cook for 1 minute, then add the **coconut milk**. Fill up the tin with **water** and pour this in too. Sprinkle in a good pinch of **salt** and another good grind of **pepper**. Reduce the heat to medium.

6 Simmer the sauce gently for 10 mins, then add in your **paneer** and half your **coriander** leaves. Cook for a further 2 mins. **Tip:** *If all your liquid has evaporated, just add a splash more water.*

7 Once your curry is ready, serve your **rice** in bowls (remember to remove your **cinnamon stick**!) with your curry on top and a sprinkling of your remaining **coriander**. Enjoy!

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