



# Aubergine Massaman Curry with Spinach & Rice

**Classic** 35 Minutes • Little Spice • 2 of your 5 a day • Veggie

21



Aubergine



Sesame Seeds



Basmati Rice



Lime



Coriander



Massaman Curry Paste



Coconut Milk



Baby Spinach

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Cutting Board, Knife, Baking Tray, Measuring Jug, Saucepan and Bowl.

## Ingredients

	2P	3P	4P
Aubergine**	2	3	4
Sesame Seeds 3)	15g	15g	15g
Water for Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Lime**	½	1	1
Coriander**	1 bunch	1 bunch	1 bunch
Massaman Curry Paste	50g	75g	100g
Coconut Milk	200ml	300ml	400ml
Water for Curry*	50ml	75ml	100ml
Baby Spinach**	40g	100g	100g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	543g	100g
Energy (kJ/kcal)	2483 / 593	457 / 109
Fat (g)	26	5
Sat. Fat (g)	17	3
Carbohydrate (g)	75	14
Sugars (g)	13	2
Protein (g)	13	2
Salt (g)	1.68	0.31

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

### 3) Sesame

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

### Thumbs up or thumbs down?

Head online or use our app to rate this recipe


You made this, now show it off! Share your creations with us: #HelloFreshSnaps

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

 You can recycle me!



1



## Roast the Aubergine

Preheat your oven to 200°C. Trim and chop the **aubergine** into 2cm pieces and pop them on a large baking tray. Drizzle with **oil** and season with **salt** and **pepper**. Sprinkle over **half** the **sesame seeds**. Toss to coat, then arrange in a single layer. Roast the **aubergine** until golden brown and soft, 25-30 minutes turning halfway through.

2



## Cook the Rice

Pour the **water** for the **rice** (see ingredients for amount) into a saucepan and bring to the boil. When boiling, add ¼ tsp of **salt**, stir in the **rice**, lower the heat to medium and pop a lid on the pan. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the rice will continue to cook in its own steam).

3



## Prep

Zest and cut the **lime** into **wedges**. Roughly chop the **coriander** (stalks and all). Set both aside for later. Heat a large saucepan over medium heat (no **oil**.) Once hot, add the remaining **sesame seeds** and cook, stirring regularly, until lightly toasted, 1-2 mins. **TIP:** Watch them like a hawk as they can burn easily. Once toasted, tip the **sesame seeds** into a small bowl for later.

4



## Curry Up

Return the pan to a medium-high heat with a drizzle of **oil**, once hot, add the **Massaman curry paste** and cook, stirring frequently until fragrant, 1 min. Add the **coconut milk** and **water** (see ingredients for amount) and stir well. Bring to the boil, then turn down the heat to simmer. Cook, stirring occasionally until slightly thickened, 5-6 mins.

5



## Finish Off

Once the **curry** has thickened slightly, add the **spinach** a handful at a time and cook until wilted and piping hot, 2-3 mins. Taste the **curry** and season with a squeeze of **lime juice** and **salt** and **pepper** if needed. Once the **aubergine pieces** are cooked add them to the **curry** and stir through.

6



## Time to Serve

Add the **lime zest** and **half** the **coriander** to the **rice**, fluff up and mix through with a fork. Share the **rice** between your bowls and top with the **aubergine curry**. Sprinkle over the remaining **coriander** and **sesame seeds**. Serve with a wedge of **lime** alongside for squeezing over.

## Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.