

Creamy Aubergine Curry

with Mushrooms, Lentils and Potato

CLASSIC 40 Minutes • Medium Heat • 3 of your 5 a day • Veggie







Aubergine





Garlic Clove



Ginger



Chestnut Mushrooms





Tomato Purée



North Indian Style Curry Powder





Knorr Vegetable Stock Pot Coconut Milk





Coriander



Before you start

Our fruit, veggies and herbs need a wash before vou use them!

Basic cooking tools you will need:

Baking Tray, Fine Grater (or Garlic Press), Large Saucepan, Measuring Jug and Sieve.

Ingredients

	2P	3P	4P
Aubergine**	1	2	2
Onion**	1	1	2
Garlic Clove**	1	2	2
Ginger**	1	1	2
Chestnut Mushrooms**	1 small punnet	1 large punnet	2 small punnets
Potato**	1	2	2
Tomato Purée	1 sachet	1½ sachets	2 sachets
North Indian Style Curry Powder	1 small pot	¾ large pot	1 large pot
Coconut Milk	400ml	600ml	800ml
Water for the Sauce*	75ml	100ml	150ml
Knorr Vegetable Stock Pot 10)	1 sachet	1½ sachets	2 sachets
Lentils	1 carton	1½ cartons	2 cartons
Coriander**	1 bunch	1 bunch	1 bunch
Lime**	1	1	2

^{*}Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	860g	100g
Energy (kJ/kcal)	3056 /731	355 /85
Fat (g)	42	5
Sat. Fat (g)	35	4
Carbohydrate (g)	68	8
Sugars (g)	19	2
Protein (g)	18	2
Salt (g)	2.41	0.28

Nutrition for uncooked ingredients based on 2 person recipe.

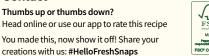
Allergens

10) Celery

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

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1. Roast the Aubergine

Preheat your oven to 220°C. Trim the aubergine then halve lengthways. Chop each half into four long strips then chop widthways into roughly 2cm pieces. Pop on a baking tray, drizzle with **oil** and season with salt and pepper. Toss to coat, spread out and roast on the top shelf of your oven until the aubergine is soft in the middle and golden at the edge, 20-25 mins. Turn halfway through cooking.



2. Prep the Veggies

Halve, peel and thinly slice the onion. Peel and grate the garlic (or use a garlic press) and ginger. Quarter the chestnut mushrooms. Chop the **potato** into 1cm chunks (no need to peel!).



3. Start the Curry

Heat a drizzle of oil in a large saucepan on medium heat. Add the mushrooms and a pinch of salt and pepper. Stir and cook until the mushrooms are browned, 4-5 mins. Add the onion, stir together and cook until softened, another 4-5 mins. Add the garlic, ginger, tomato purée and North Indian style curry powder. Stir and cook for 1 minute more.



4. Simmer the Curry

Pour in the coconut milk and water (see ingredients for amount). Stir in the Knorr stock pot and the potato. Bring to the boil, cover with a lid and simmer until the potato is cooked, 20-22 mins. Stir every few minutes. TIP: The potato is cooked when you can easily slip a knife through.



5. Add the Lentils

While the **curry** cooks, drain and rinse the lentils in a sieve. Roughly chop the coriander (stalks and all). Halve the lime. Once the curry is cooked and the potato tender, add in the **lentils** and roasted aubergine and bring back to the boil. Stir in half the coriander.



6. Finish and Serve

Squeeze in half the lime juice, then taste and add more lime juice, salt and pepper if you feel it needs it. Serve in bowls with the remaining coriander sprinkled on top.

Enjoy!