HELLO FRESH

Creamy Aubergine Curry
with Mushrooms, Lentils and Potatoes

18

Classic 40 Minutes • Medium Spice • 3 of your 5 a day • Veggie

Aubergine

Onion

Garlic Clove

Ginger

Chestnut Mushrooms

Potato

Tomato Purée

North Indian Style Curry Powder

Coconut Milk

Vegetable Stock Powder

Lentils

Coriander

Lime

Before you start

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

Cooking tools, you will need:

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

Ingredients

	2P	3P	4P
Aubergine**	1	2	2
Onion**	1	1	2
Garlic Clove**	1 clove	2 cloves	2 cloves
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
Vegetable Stock Powder **10)**	1 sachet	2 sachets	2 sachets
Lentils	1 cartons	1½ cartons	2 cartons
Coriander**	1 bunch	1 bunch	1 bunch
Lime**	½	1	1

**Not Included **Store in the Fridge*

Nutrition

	Per serving	Per 100g
for uncooked ingredient	**781g**	**100g**
Energy (kJ/kcal)	2931 /701	375 /90
Fat (g)	41	5
Sat. Fat (g)	35	4
Carbohydrate (g)	62	8
Sugars (g)	17	2
Protein (g)	18	2
Salt (g)	2.15	0.28

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

10) Celery

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.

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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 edges, 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 **stock powder** and the **potato**. Bring to the boil, cover with a lid and simmer until the **potato** is cooked, 20-25 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 ready and the **potatoes** are 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!