



Fragrant Aubergine Curry

with Chickpeas, Coconut Brown Rice and Nigella Seeds

CLASSIC 40 Minutes • Medium Heat • 2.5 of your 5 a day • Veggie

N° 5



Aubergine



Onion



Garlic Clove



Chickpeas



Coriander



Desiccated Coconut



Brown Basmati Rice



Pasanda Seasoning



Nigella Seeds



Finely Chopped Tomatoes



Original Onion Marmalade



Vegetable Stock Powder



Greek Yoghurt

Before you start

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

Basic cooking tools you will need:

Large Saucepan, Fine Grater (or Garlic Press), Colander, Frying Pan and Measuring Jug.

Ingredients

	2P	3P	4P
Aubergine**	1	2	2
Onion**	1	1	2
Garlic Clove**	2 cloves	3 cloves	4 cloves
Chickpeas	1 carton	1 carton	2 cartons
Coriander**	1 bunch	1 bunch	1 bunch
Desiccated Coconut	25g	25g	50g
Water for Rice*	300ml	450ml	600ml
Brown Basmati Rice	150g	225g	300g
Pasanda Seasoning	1 small pot	¾ large pot	1 large pot
Nigella Seeds	1 pot	1 pot	1 pot
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Original Onion Marmalade	1 small pot	1 large pot	1 large pot
Water for the Sauce*	100ml	150ml	200ml
Vegetable Stock Powder 10	1 sachet	2 sachets	2 sachets
Greek Yoghurt 7 **	75g	100g	150g

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	694g	100g
Energy (kJ/kcal)	2839 / 679	409 / 98
Fat (g)	18	3
Sat. Fat (g)	10	1
Carbohydrate (g)	100	14
Sugars (g)	27	4
Protein (g)	22	3
Salt (g)	1.83	0.26

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **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.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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1. Prep Time

Bring a large saucepan of **water** for the boil with ½ tsp of **salt** (in preparation for the rice). Trim the **aubergine** then halve lengthways. Chop each half into four long strips then chop widthways into three chunks. Halve, peel and thinly slice the **onion**. Peel and grate the **garlic** (or use a garlic press). Drain and rinse the **chickpeas** in a colander. Roughly chop the **coriander** (stalks and all).



4. Fry the Aubergine

Meanwhile, wipe the frying pan clean and put it back on medium high heat with a glug of **oil**. When hot, lay the **aubergine pieces** in in a single layer. Fry them until browned and soft, turning a couple of times, 6-8 mins. **TIP: If you need to cook the aubergine in a couple of batches, that's fine!** Add more **oil** as the **aubergine** soaks it up like a sponge!



2. Toast the Coconut

Put a large, deep frying pan on medium heat and add the **desiccated coconut** (no oil). Toast until golden brown, 2-3 mins, stirring occasionally, then remove the **coconut** from the pan. **TIP: Keep an eye on the coconut, you don't want it to burn!**



5. Cook the Curry

Return all the **aubergine** to the pan and add the **onion**. Lower the heat to medium, cook until soft and brown, 5 mins. Add the **garlic**, the **pasanda spice mix** and **half** the **nigella seeds**. Cook for one minute then stir in the **chopped tomatoes** and **onion marmalade**. Pour in the **water** (see ingredients for amount), **stock powder** and **chickpeas**. Simmer uncovered until thickened, 10-15 mins, stirring occasionally.



3. Cook the Rice

Meanwhile, stir the **brown rice** into the boiling **water**, bring back to the boil, and simmer the **rice** until tender, 25-30 mins. **TIP: Top up with water if it boils off.** Once cooked, drain the **rice** in a sieve and return to the pan, off the heat. Cover with a lid to keep warm.



6. Finish and Serve

Once the **rice** is cooked and back in it's pan, stir in the **toasted coconut**. Taste the **curry** and add **salt** and **pepper** if you think it needs it. Serve the **rice** in bowls with the **aubergine curry**, a dollop of **yoghurt**, a scattering of remaining **nigella seeds** and a sprinkle of **coriander**.

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.