

# **Fragrant Aubergine Curry**

with Chickpeas, Coconut Brown Rice and Nigella Seeds









Aubergine



**Garlic Clove** 









Coriander



**Desiccated Coconut** 



Brown Basmati Rice



Pasanda Seasoning





Finely Chopped Tomatoes

Nigella Seeds



Original Onion Marmalade



Vegetable Stock Powder



**Greek Yoghurt** 

## Before you start

Our fruit, veggies and herbs need a wash before vou 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 <b>10</b> )	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

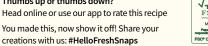
Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

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).



## 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!



## 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.



## 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!



## 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.



## 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.