



# Lamb and Aubergine Curry

with Basmati Rice and Coriander

Customer Favourites 30 Minutes • Medium Spice • 1 of your 5 a day

36



Aubergine



Shallot



Garlic Clove



Coriander



Basmati Rice



Ground Coriander



Lamb Mince



North Indian-Style Curry Powder



Finely Chopped Tomatoes



Chicken Stock Powder

## Before you start

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

## Cooking tools, you will need:

Measuring Jug, Chopping Board, Sharp Knife, Fine Grater (or Garlic Press), Baking Tray and Frying Pan.

## Ingredients

	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Aubergine**	1	2	2
Shallot**	1	1	2
Garlic Clove**	1	2	2
Coriander**	1 bunch	1 bunch	1 bunch
Basmati Rice	150g	225g	300g
Ground Coriander	1 small pot	1 large pot	2 small pots
Lamb Mince**	200g	300g	400g
North Indian-Style Curry Powder	1 small pot	¾ large pot	1 large pot
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Water for the Curry*	50ml	75ml	100ml
Chicken Stock Powder	1 sachet	2 sachets	2 sachets

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

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>573g</b>	<b>100g</b>
Energy (kJ/kcal)	2445 /584	427 /102
Fat (g)	15	3
Sat. Fat (g)	6	1
Carbohydrate (g)	79	14
Sugars (g)	14	3
Protein (g)	31	5
Salt (g)	2.83	0.49

Nutrition for uncooked ingredients based on 2 person recipe.

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

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## Get Prepped

Preheat the oven to 200°C. Pour the **water** for the rice (see ingredients for amount) into a saucepan and bring to the boil. Trim the **aubergine** then halve lengthways. Chop each half into four long strips then chop widthways into roughly 2cm pieces. Peel, halve and thinly slice the **shallot**. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **coriander** (stalks and all).



## Start the Curry

In the meantime, heat a large frying pan over medium-high heat (no oil). Once hot, add the **lamb** and season with **salt** and **pepper**. Cook until browned, 5-6 mins. Break it up with a spoon as it cooks. **IMPORTANT:** *The mince is cooked when it is no longer pink in the middle.* Once the **mince** is brown, drain and discard any excess **oil** in the pan, then lower the heat slightly and add the **shallot**. Cook until softened, 3-4 mins then stir in the **garlic** and **North Indian-style curry powder**. Cook for 30 seconds.



## Cook the Rice

When the **water** is boiling, add 0.25 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).



## Cook the Curry

Add the **finely chopped tomatoes**, **water** for the curry (see ingredients for amount) and the **stock powder** to the **lamb**. Stir to dissolve the **stock**, bring to the boil, then lower the heat and simmer until the curry is thick and tomatoey, 8-10 mins. Stir occasionally.



## Roast the Aubergine

Pop the **diced aubergine** onto a large baking tray and sprinkle over the **ground coriander** and season with **salt** and **pepper**. Drizzle with **oil**, arrange in a single layer then roast on the top shelf of the oven until cooked and golden, 20-25 mins, turning halfway through.



## Finish Up

Once cooked, stir the **roasted aubergine** into the **curry** and cook until piping hot, 1-2 mins. Mix in **half** the **coriander** and season to taste with **salt** and **pepper**. Fluff up the **rice** with a fork then serve in bowls with the **curry** spooned on top. Sprinkle over the remaining **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.