



Pasanda Spiced Aubergine Curry

with Chickpeas, Coconut Rice and Nigella Seeds

Classic 40 Minutes • Little Spice • 2 of your 5 a day • Veggie

N° 21



Echalion Shallot



Garlic Clove



Chickpeas



Coriander



Aubergine



Desiccated Coconut



Basmati Rice



Pasanda Seasoning



Nigella Seeds



Finely Chopped Tomatoes



Original Onion Marmalade



Vegetable Stock Paste



Greek Yoghurt

Before you start

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

Cooking tools, you will need:

Cutting Board, Knife, Garlic Press, Colander, Baking Tray, Frying Pan, Saucepan and Bowls.

Ingredients

	2P	3P	4P
Echalion Shallot**	1	1	2
Garlic Clove	2	3	4
Chickpeas	1 carton	1 carton	2 cartons
Coriander**	1 bunch	1 bunch	1 bunch
Aubergine**	1	2	2
Desiccated Coconut	15g	22g	30g
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Pasanda Seasoning	1 pot	2 pots	2 pots
Nigella Seeds	1 pot	1 pot	1 pot
Finely Chopped Tomatoes	1 carton	1½ carton	2 cartons
Original Onion Marmalade	20g	40g	40g
Water for the Sauce*	100ml	150ml	200ml
Vegetable Stock Paste 10	10g	15g	20g
Greek Yoghurt 7 **	75g	99g	150g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	648g	100g
Energy (kJ/kcal)	2715/649	419/100
Fat (g)	14	2
Sat. Fat (g)	7	1
Carbohydrate (g)	106	16
Sugars (g)	22	3
Protein (g)	21	3
Salt (g)	2.06	0.32

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **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.

Contact

Thumbs up or thumbs down?

Head online or use our app to rate this recipe

You made this, now show it off! Share your creations with us: #HelloFreshSnaps

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

 You can recycle me!



Prep Time

Preheat your oven to 200°C. Halve, peel and thinly slice the **shallot**. 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).



Cook the Rice

Pour the **cold water** for the **rice** (see ingredients for amount) into a medium saucepan with a tight-fitting lid. Stir in the **rice** and ¼ tsp of **salt**, cover with the lid and bring to the boil on medium-high heat. Once boiling, turn the heat down to its lowest setting. 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).



Roast the Aubergine

Trim the **aubergine** then halve lengthways. Chop each half into four long strips then chop widthways into three chunks. Pop the **aubergine** on a baking tray and drizzle with **oil**. Season with **salt** and **pepper**, toss to coat, then spread out in a single layer. Roast the **aubergine** on the top shelf of your oven until golden brown, 20-25 mins.



Cook the Curry

Pop your frying pan back on medium-high heat and add a drizzle of **oil**. Add the **shallot**, stir together and cook until soft and brown, 5 mins. Add the **garlic**, the **pasanda seasoning** and **half** the **nigella seeds**. Cook for 1 minute then stir in the **chopped tomatoes** and **onion marmalade**. Pour in the **water** (see ingredients for amount), **stock paste** and **chickpeas**. Simmer uncovered until thickened, 10-15 mins, stirring occasionally. Add the **aubergine** to the **curry** once it's finished roasting and is golden and tender.



Get Toasty

Meanwhile, 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!*



Finish and Serve

Once the **rice** is cooked, fluff it up with a fork and 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 **curry** spooned over. Finish with a dollop of **yoghurt**, a scattering of **coriander** and the remaining **nigella seeds**.

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.