



Pasanda Spiced Aubergine Curry

with Chickpeas, Coconut Rice and Nigella Seeds

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

18



Echalion Shallot



Garlic Clove



Chickpeas



Coriander



Aubergine



Desiccated Coconut



Basmati Rice



Pasanda Style Seasoning



Nigella Seeds



Finely Chopped
Tomatoes with
Onion and Garlic



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 Bowl.

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	25g	25g	50g
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Pasanda Style Seasoning	2 sachets	2 sachets	4 sachets
Nigella Seeds	1 sachet	1 sachet	2 sachets
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Onion Marmalade	20g	30g	40g
Water for the Sauce*	100ml	150ml	200ml
Vegetable Stock Paste 10)	10g	15g	20g
Greek Yoghurt 7) **	75g	100g	150g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	648g	100g
Energy (kJ/kcal)	2853 / 682	440 / 105
Fat (g)	18	3
Sat. Fat (g)	10	2
Carbohydrate (g)	101	16
Sugars (g)	23	4
Protein (g)	22	3
Salt (g)	3.43	0.53

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.

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1



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).

4



Cook the Rice

Meanwhile, 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).

2



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.

5



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**, **pasanda style seasoning** (careful, it's hot - add less if you don't like spice) and **half** the **nigella seeds**. Cook for 1 minute then stir in the **chopped tomatoes**, and the **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.

3



Toasty Time

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!

6



Finish and Serve

Once the **rice** is cooked, fluff it up with a fork and stir in the **toasted coconut** with a knob of **butter** (if you have any). Taste the **curry** and add **salt** and **pepper** if you think it needs it. Serve the **rice** in bowls with the **curry** on the side, 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.