



Roasted Aubergine and Chickpea Curry with Toasted Coconut Rice and Yoghurt

Classic 40-45 Minutes • Mild Spice • 2 of your 5 a day

4



Echalion Shallot



Garlic Clove



Chickpeas



Aubergine



Desiccated Coconut



Basmati Rice



Curry Powder



Finely Chopped Tomatoes
with Onion and Garlic



Onion Marmalade



Vegetable Stock Paste



Greek Style Natural
Yoghurt

Pantry Items
Oil, Salt, Pepper

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Garlic press, sieve, baking tray, frying pan, bowl and saucepan with lid.

Ingredients

	2P	3P	4P
Echalion Shallot**	1	1	2
Garlic Clove**	2	3	4
Chickpeas	½ carton	¾ carton	1 carton
Aubergine**	1	2	2
Desiccated Coconut	15g	25g	30g
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Curry Powder	2 sachets	2 sachets	4 sachets
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Onion Marmalade	20g	30g	40g
Vegetable Stock Paste 10)	10g	15g	20g
Water for the Sauce*	100ml	150ml	200ml
Greek Style Natural Yoghurt** 7)	75g	99g	150g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	578g	100g
Energy (kJ/kcal)	2450 / 585	424 / 101
Fat (g)	12.7	2.2
Sat. Fat (g)	7.5	1.3
Carbohydrate (g)	93.7	16.2
Sugars (g)	23.0	4.0
Protein (g)	17.8	3.1
Salt (g)	3.22	0.56

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **10)** Celery

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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1



Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7.

Halve, peel and thinly slice the **shallot**. Peel and grate the **garlic** (or use a garlic press).

Drain and rinse the **chickpeas** in a sieve.

2



Roast the Aubergine

Trim the **aubergine**, then halve lengthways. Chop each half into four long strips, then chop widthways into thirds.

Pop the **aubergine** onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.

When the oven is hot, roast on the top shelf until soft and golden, 20-25 mins. Turn halfway through.

3



Toasting Time

Meanwhile, heat a large frying pan on medium heat (no oil).

Once hot, add the **desiccated coconut** and cook, stirring regularly, until lightly toasted, 1-2 mins.

TIP: Watch it like a hawk as it can burn easily.

Once toasted, transfer to a small bowl and set aside.

4



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 salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

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).

5



Make the Curry

Pop your (now empty) frying pan back on medium-high heat with a drizzle of **oil**.

Once hot, add the **shallot** and cook until softened, 3-4 mins. Add the **garlic** and **curry powder** and fry for 1 min more, then stir in the **chopped tomatoes**, **onion marmalade**, **veg stock paste** and **water for the sauce** (see ingredients for amount).

Stir through the **chickpeas** (see ingredients for amount), then simmer until the **sauce** has thickened, 10-15 mins.

6



Finish and Serve

When everything is ready, fluff up the **rice** with a fork and stir through the **toasted coconut** and a knob of **butter** (if you have any).

Stir the **roasted aubergine** through the **curry**, then taste and add **salt** and **pepper** if needed.

Spoon the **rice** and **curry** into your bowls and top with a dollop of **yoghurt** to finish.

Enjoy!