



Roasted Aubergine and Spinach Dal with Basmati Rice and Greek Yoghurt

Classic 35 Minutes • Medium Spice • 3 of your 5 a day • Veggie

19



Aubergine



North Indian Style Curry Powder



Onion



Korma Curry Paste



Tomato Passata



Red Lentils



Vegetable Stock Paste



Basmati Rice



Coriander



Baby Spinach



Greek Yoghurt



Diced Chicken Breast



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Before you start

Cooking tools, you will need:

Baking Tray, Saucepan with Lid, Measuring Jug.

Ingredients

	2P	3P	4P
Aubergine**	1	1½	2
North Indian Style Curry Powder	1 sachet	1 sachet	2 sachets
Onion**	1	1	2
 Diced Chicken Breast**	280g	420g	560g
Korma Curry Paste 9	1 sachet	1½ sachets	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Red Lentils	100g	150g	200g
Water for the Lentils*	350ml	525ml	700ml
Vegetable Stock Paste 10	10g	15g	20g
Sugar*	½ tsp	¾ tsp	1 tsp
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Coriander**	1 bunch	1 bunch	1 bunch
Baby Spinach**	100g	150g	200g
Greek Yoghurt 7 **	75g	100g	150g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	560g	100g
Energy (kJ/kcal)	2753 /658	491 /117
Fat (g)	12	2
Sat. Fat (g)	6	1
Carbohydrate (g)	111	20
Sugars (g)	19	3
Protein (g)	26	5
Salt (g)	3.02	0.54

Custom Recipe	Per serving	Per 100g
for uncooked ingredient	700g	100g
Energy (kJ/kcal)	3415 /816	488 /117
Fat (g)	14	2
Sat. Fat (g)	7	1
Carbohydrate (g)	111	16
Sugars (g)	19	3
Protein (g)	60	9
Salt (g)	3.16	0.45

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 9) Mustard 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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The Fresh Farm

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Roast the Aubergine

Preheat your oven to 200°C. Trim and chop the **aubergine** into 2cm pieces. Pop the **aubergine** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** and sprinkle over the **North Indian spice curry powder**. Toss to coat, then arrange in a single layer. Roast the **aubergine** until golden brown and soft, 25-30 mins, turning halfway through.



Onion Time

Meanwhile, halve, peel and chop the **onion** into small pieces. Heat a drizzle of **oil** in a large saucepan over medium-high heat. Once hot, add the **onion** and cook, stirring, until softened and turning brown, 5-6 mins.



CUSTOM RECIPE

If you've decided to add **chicken** to your meal, cook the **chicken** with the **onions** and carry on with the rest of the recipe as instructed.

IMPORTANT: Wash your hands after handling chicken and its packaging. The chicken is cooked when it is no longer pink in the middle.



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 1/4 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).



Finish the Dal

Roughly chop the **coriander** (stalks and all). Once the **lentils** are cooked, add the **spinach** a handful at a time, stirring, until wilted and piping hot, 2-3 mins. Stir through **half** the **roasted aubergine**, **half** the **Greek yoghurt** and **half** the **coriander**. Taste and season with **salt** and **pepper**.



Add the Flavour

Add the **korma curry paste** to the **onions** and cook, stirring, for 1 minute. Add the **passata**, **lentils**, **water** (see ingredients for amount), **vegetable stock paste**, **sugar** (see ingredients for amount). Season with **salt** and **pepper** and bring to a boil. Once boiling, lower the heat to medium and cook until the **lentils** are soft, 20-25 mins. Stir regularly to make sure it doesn't stick to the bottom of the pan and add a splash of **water** if it is starting to get too thick.



Serve

Once everything is ready, divide the **rice** between plates. Top with the **dal**, add the remaining **roasted aubergine** and remaining **yoghurt**. Scatter 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.