

INDIAN SPICED AUBERGINE

with Golden Basmati and Nigella Yoghurt



dish to knock together mid week.

Rich and meaty in texture, the mighty aubergine is the showstopper in this vegetarian dish. Seasoned

with our pasanda spice blend (an earthy mix of cumin, black peppercorns, ground turmeric, cloves, cardamom, fenugreek, chilli and cinnamon) and served on a bed of golden rice, this is the perfect



HELLO NIGELLA SEEDS

These black seeds have been found in King Tut's tomb!







Red Pepper



Ginger





Red Chilli





Pasanda Spice Blend









Vegetable Stock Pot



Coriander



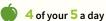
Greek Yoghurt













Veggie

BEFORE YOU STAR

Our fruit and veggies need a little wash before you use them! Make sure you've got a Fine Grater, Mixing Bowl, Baking Tray, Large Saucepan (with a lid) and Measuring Jug. Now, let's get cooking!



■ PREP THE VEGGIES

Preheat your oven to 200°C. Remove the stalk top from the aubergine and slice into 1cm thick rounds. Halve, peel and thinly slice the **red onion** into half moons. Halve, then remove the core from the **red pepper** and chop into 1cm cubes. Peel and grate the **ginger** and **garlic** (or use a garlic press). Halve the red chilli lengthways, deseed and finely chop.



ROAST THE AUBERGINE

Mix a pinch of salt, the pasanda spice **blend** (add less if you don't like spice!) and the **olive oil** (amount specified in the ingredient list) together in a large mixing bowl. Add the aubergine and onion and coat in the oil. Pop the aubergine and onion on a baking tray, making sure the aubergine slices don't overlap! Roast on the middle shelf of your oven until the **aubergine** is soft and golden, 20-25 mins, turn halfway through.



COOK THE RICE

Meanwhile, heat a glug of **oil** in a large saucepan on medium heat. Add the **pepper**, stirring frequently and cook until soft, 3-4 mins. Add the ginger and the garlic. Cook for 1 minute more. Stir in the turmeric, basmati rice, water (amount specified in the ingredient list) and vegetable stock pot. Stir well to dissolve and bring the mixture to the boil.



MAKE THE YOGHURT

While the rice and aubergine cook, roughly chop the coriander (stalks and all). Spoon the Greek voghurt into a small bowl. Stir in half the coriander and the nigella seeds.



SERVE

Fluff up the **rice** with a fork and stir through a little of the coriander. Taste and add some **salt** and **pepper** if necessary. Serve the **Indian spiced aubergine** on top of a generous portion of **golden rice** and finish with dollops of nigella yoghurt and a sprinkling of remaining coriander. Add some red chilli for a real kick. Enjoy!

INGREDIENTS

Aubergine, sliced	1
Red Onion, sliced	1
Red Pepper, chopped	1
Ginger, grated	1 piece
Garlic Clove, grated	2
Red Chilli, chopped	1/4
Pasanda Spice Blend	1½ tsp
Olive Oil*	2 tbsp
Turmeric	³¼ tsp
Basmati Rice	150g
Water*	300ml
Vegetable Stock Pot 10) 14)	1/2
Coriander, chopped	1 small bunch
Greek Yoghurt 7)	1 pot
Nigella Seeds	½ tsp
*Not Included	

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	605	116
(kJ)	2550	489
Fat (g)	26	5
Sat. Fat (g)	8	2
Carbohydrate (g)	80	15
Sugars (g)	21	4
Protein (g)	16	3
Salt (g)	1.44	0.28

ALLERGENS

7) Milk 10) Celery 14) Sulphites

Vegetable Stock Pot: Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%]. Sugar, Garlic Powder [contains sulphites], Stabiliser [Tara Gum], Celery Salt, Celery Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.

THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to hello@hellofresh.co.uk and we'll get back to you.

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