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Thai Massaman Rice with Roasted Aubergine and Mushrooms

In the world of curry, as in the world of cowboys, there are the good, the bad and the ugly. Amongst the bad ones are those that sit there innocuously on your plate, not saying boo to a goose, but loaded with enough chilli to take down a rhino. As for the ugly, you need only go to the local take-away. For this Thai massaman rice we combined the creaminess of peanut butter (our secret ingredient!) and coconut milk with the fresh tanginess of coriander and lime. It's so good it should be made a saint!

- 35 mins
- 2 of your 5 a day
- veggie
- super spicy
- vegan

Water (350ml)   Chestnut Mushrooms (1 punnet)   Coriander (½ bunch)   Aubergine (1)   Green Beans (½ pack)   Basmati Rice (175g)

Cashew Nuts (25g)   Massaman Curry Paste (1 tbsp)   Coconut Milk (200ml)   Peanut Butter (1½ tbsp)   Lime (½)

2 PEOPLE INGREDIENTS

- Water — **350ml**
- Chestnut Mushrooms, chopped — **1 punnet**
- Coriander, chopped — **½ bunch**
- Aubergine, chopped — **1**
- Green Beans, chopped — **½ pack**
- Basmati Rice — **175g**
- Cashew Nuts — **25g**
- Massaman Curry Paste — **1 tbsp**
- Coconut Milk — **200ml**
- Peanut Butter — **1½ tbsp**
- Lime — **½**

Allergens: Nut, Peanut.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	659 kcal / 2724 kJ	32 g	18 g	73 g	8 g	18 g	0.39 g
Per 100g	117 kcal / 484 kJ	6 g	3 g	13 g	1 g	3 g	0 g

Our fruit and veggies may need a little wash before cooking!

Did you know...
Ever wondered why some people salt and rinse sliced aubergine, known as 'degorging' before cooking? They believe it removes some of its natural bitterness!

Massaman Curry Paste: Yeast Extract, Water, Salt, Ground Spices (Coriander, Galangal, Chilli, Cloves, Cumin, Cinnamon, White Pepper), Concentrated Onion Juice, Dried Garlic, Colour (Curcumin), Lemongrass Extract.

1 Boil a pot of **water** (amount specified in the ingredient list) with a pinch of **salt**, and preheat your oven to 200 degrees. Roughly chop the **chestnut mushrooms** and the **coriander**. Cut the **aubergine** in half lengthways, then each half into four strips. Chop widthways into 3cm chunks. Remove the ends off the **green beans** and chop into thirds.

2 Add the **rice** to your pot of **boiling water**. Cover with a tight lid and place on the lowest heat for 10 mins. Take the pot off the heat to rest for 10 mins. **Tip:** *Do not lift the lid from the pot at all during cooking and resting.*

3 Coat your **aubergine** evenly in a splash of **olive oil**. Sprinkle over a pinch of **salt** and a generous amount of **black pepper**. Pop onto a baking tray lined with baking paper and cook on the top shelf of your oven for 20 mins or until slightly crispy.

4 Heat a non-stick frying pan on medium-high heat. Without adding any oil, put the **cashew nuts** in the pan for around 5 mins, shaking the pan constantly, until your **cashew nuts** are brown, then remove to one side. **Tip:** *Watch your nuts like a hawk as they can burn easily.*

5 Add a splash of **oil** to the now empty frying pan together with the **massaman curry paste**. Stir your **paste** for 1 minute and then add the **coconut milk** and **mushrooms**. Once your **coconut milk** comes to the boil, add your **beans** and **peanut butter** and turn the heat to low. Simmer gently for 10 mins.

6 Add your roasted **aubergine** to your **curry mixture**.

7 Fluff up your **rice** with a fork and add it to the pan with your **curry mixture**. Gently fold in your cooked **rice** and three-quarters of your **coriander**. Squeeze over some **lime juice** and stir in. Serve into bowls and garnish with your remaining **coriander** and **cashew nuts**.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!