



Fragrant Aubergine Curry

with Chickpeas, Coconut Rice and Nigella Seeds

Classic 40 Minutes • Medium Spice • 2.5 of your 5 a day • Veggie

18



Aubergine



Onion



Garlic Clove



Chickpeas



Coriander



Desiccated Coconut



Basmati Rice



Pasanda Seasoning



Nigella Seeds



Finely Chopped Tomatoes



Original Onion Marmalade



Greek Yoghurt



Vegetable Stock Powder

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Fine Grater (or Garlic Press), Colander, Frying Pan, Measuring Jug and Saucepan.

Ingredients

	2P	3P	4P
Aubergine**	1	2	2
Onion**	1	1	2
Garlic Clove**	2 cloves	3 cloves	4 cloves
Chickpeas	1 carton	1 carton	2 cartons
Coriander**	1 bunch	1 bunch	1 bunch
Desiccated Coconut	25g	25g	50g
Water for Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Pasanda Seasoning	2 pots	3 pots	4 pots
Nigella Seeds	1 pot	1 pot	1 pot
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Original Onion Marmalade	1 small pot	1 large pot	1 large pot
Water for the Sauce*	100ml	150ml	200ml
Greek Yoghurt 7)**	75g	100g	150g
Vegetable Stock Powder 10)	1 sachet	2 sachets	2 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	698g	100g
Energy (kJ/kcal)	2874/687	412/98
Fat (g)	17	2
Sat. Fat (g)	10	1
Carbohydrate (g)	105	15
Sugars (g)	28	4
Protein (g)	22	3
Salt (g)	1.83	0.26

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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Prep Time

Preheat your oven to 200°C. Halve, peel and thinly slice the **onion**. 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).



Cook the Rice

Meanwhile, pour the **water** for the rice (see ingredients for amount) into a saucepan. Stir in ¼ tsp of **salt** and bring to the boil. When boiling, stir in the **rice**, lower the heat to medium and pop a lid on the pan. 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).



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. Once cooked, remove from your oven.



Cook the Curry

Meanwhile, wipe the frying pan clean and put it back on medium high heat with a drizzle of **oil**. Lower the heat to medium, cook until soft and brown, 5 mins. Add the **garlic**, the **pasanda spice mix** and **half the nigella seeds**. Cook for 1 minute then stir in the **chopped tomatoes** and **onion marmalade**. Pour in the **water** (see ingredients for amount), **stock powder** and **chickpeas**. Simmer uncovered until thickened, 10-15 mins, stirring occasionally. Once the **aubergine** is roasted, stir it into the **curry**.



Toasty Time!

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!*



Finish and Serve

Once the **rice** is cooked, fluff it up with a fork and stir in the **toasted coconut**. 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.