



Lamb and Aubergine Curry

with Basmati Rice and Coriander

CLASSIC 30 Minutes • Medium Spice • 1 of your 5 a day

N° 6



Aubergine



Shallot



Garlic Clove



Coriander



Basmati Rice



Ground Coriander



Lamb Mince



North Indian Style Curry Powder



Finely Chopped Tomatoes



Chicken Stock Powder

Before you start

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

Basic cooking tools, you will need:

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

Ingredients

| | 2P | 3P | 4P |
|---------------------------------|-------------|-------------|-------------|
| Water for the Rice* | 300ml | 450ml | 600ml |
| Aubergine** | 1 | 2 | 2 |
| Shallot** | 1 | 1 | 2 |
| Garlic Clove** | 1 clove | 2 cloves | 2 cloves |
| Coriander** | 1 bunch | 1 bunch | 1 bunch |
| Basmati Rice | 150g | 225g | 300g |
| Ground Coriander | 1 small pot | ¾ large pot | 1 large pot |
| Lamb Mince** | 200g | 300g | 400g |
| North Indian Style Curry Powder | 1 small pot | ¾ large pot | 1 large pot |
| Finely Chopped Tomatoes | 1 carton | 1½ cartons | 2 cartons |
| Water for the Curry* | 50ml | 75ml | 100ml |
| Chicken Stock Powder | 1 sachet | 2 sachets | 2 sachets |

*Not Included ** Store in the Fridge

Nutrition

| | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 573g | 100g |
| Energy (kJ/kcal) | 2446 /585 | 427 /102 |
| Fat (g) | 16 | 3 |
| Sat. Fat (g) | 6 | 1 |
| Carbohydrate (g) | 77 | 14 |
| Sugars (g) | 14 | 3 |
| Protein (g) | 29 | 5 |
| Salt (g) | 1.58 | 0.28 |

Nutrition for uncooked ingredients based on 2 person recipe.

Wash your hands before and after handling ingredients.

Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK



1. Get Prepped

Preheat the oven to 200°C. Pour the **water** for the rice (see ingredients for amount) into a saucepan and bring to the boil. Trim the **aubergine** then halve lengthways. Chop each half into four long strips then chop widthways into roughly 2cm pieces. Peel, halve and thinly slice the **shallot**. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **coriander** (stalks and all).



2. Cook the Rice

When the water is boiling, add ¼ tsp of **salt**, 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).



3. Roast the Aubergine

Pop the **diced aubergine** onto a large baking tray and sprinkle over the ground **coriander** and season with **salt** and **pepper**. Drizzle with **oil**, arrange in a single layer then roast on the top shelf of the oven until cooked and golden, 20-25 mins, turning halfway through.



4. Start the Curry

In the meantime, heat a drizzle of **oil** in a large frying pan over medium high heat. Once hot, add the **lamb** and season with **salt** and **pepper**. Cook until browned, 5-6 mins. Break it up with a spoon as it cooks. **IMPORTANT: The mince is cooked when it is no longer pink in the middle.** Once brown, lower the heat slightly and add the **shallot**. Cook until softened, 3-4 mins then stir in the **garlic** and **curry powder**. Cook for 30 seconds.



5. Cook the Curry

Add the **finely chopped tomatoes**, **water** for the curry (see ingredients for amount) and the **stock powder** to the **lamb**. Stir to dissolve the **stock**, bring to the boil, then lower the heat and simmer until the **curry** is thick and tomatoey, 8-10 mins. Stir occasionally.



6. Finish Up

Once cooked, stir the **roasted aubergine** into the **curry** and cook until piping hot, 1-2 mins. Mix in **half** the **coriander** and season to taste with **salt** and **pepper**. Fluff up the **rice** with a fork then serve in bowls with the **curry** spooned on top. Sprinkle over the remaining **coriander** and dig in!

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.