



Lamb and Aubergine Curry

with Basmati Rice and Coriander

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



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), Large Baking Tray, Large Frying Pan and Measuring Jug.

Ingredients

	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Aubergine**	1	1½	2
Shallot**	1	2	2
Garlic Clove**	1	2	2
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	1½ sachets	2 sachets

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	573g	100g
Energy (kJ/kcal)	2362/565	412/99
Fat (g)	14	3
Sat. Fat (g)	6	1
Carbohydrate (g)	77	14
Sugars (g)	14	2
Protein (g)	30	5
Salt (g)	1.55	0.27

Nutrition for uncooked ingredients based on 2 person recipe.

Wash your hands before and after handling ingredients.

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

Contact

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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. 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. **IMPORTANT:** The mince is cooked when it is no longer pink in the middle.



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**.

Dig in!