





More Than Food
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Tandoori Spiced Aubergine with Tomato and Coriander Rice and Nigella Yoghurt

Our chef André isn't a vegetarian but his veggie friends absolutely love this dish - he makes it whenever they come over - because they demand it! So get cooking his tandoori spiced aubergine!



40 mins



veggie



spicy



healthy



gluten
free



Aubergine (1)



Tandoori Spice
Mix (1 tbsp)



Red Onion (1)



Red Pepper (1)



Garlic Clove (2)



Ginger (1 tbsp)



Turmeric (½ tsp)



Basmati Rice
(1 cup)



Vegetable Stock
Pot (1)



Spring Onion (3)



Cherry Tomatoes
(1 punnet)



Coriander
(5 tbsp)



Natural Yoghurt
(1 pot)



Nigella Seeds
(½ tsp)

Ingredients

2 PEOPLE

ALLERGENS

Aubergine, sliced	1	
Tandoori Spice Mix	1 tbsp	
Red Onion, chopped	1	
Red Pepper, chopped	1	
Garlic Clove, grated	2	
Ginger, grated	1 tbsp	
Turmeric	½ tsp	
Basmati Rice	1 cup	
Vegetable Stock Pot	1	Sulphites, Celery
Spring Onion, chopped	3	
Cherry Tomatoes, quartered	1 punnet	
Coriander, chopped	5 tbsp	
Natural Yoghurt	1 pot	Milk
Nigella Seeds	½ tsp	

🌱 Our fruit and veggies come straight from the farm so give them a little wash before using

Did you know...

Nigella seeds are one of the oldest spices known to mankind and were even found in Tutankhamun's tomb. WOW!

Nutrition per serving: Calories: 531 kcal | Protein: 18 g | Carbs: 94 g | Fat: 5 g | Saturated Fat: 1 g



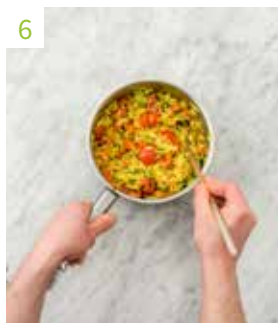
1 Pre-heat your oven to 200 degrees. Cut the **aubergine** in half lengthways and then cut in half lengthways again so that you have four strips. Mix ¼ tsp of **salt**, the **tandoori spice** and 1 tbsp of **oil** together in a small bowl. Massage this into the **aubergine** strips and then pop them on a baking tray. Roast for 25 mins on the middle shelf of your oven.



2 Cut the **red onion** in half through the root, peel and chop into small cubes (½cm is perfect!). Remove the core from the **red pepper** and chop into 1cm cubes. Peel and grate the **garlic** and **ginger**.



3 Put a saucepan on medium heat and add 1 tbsp of **oil**. Cook the **onions** and **red pepper** for 3 mins with ¼ tsp of **salt**. Add the **ginger** and half the **garlic** and cook for 30 seconds more. Stir in the **turmeric** and **basmati rice** and then pour in 350ml of **water**. Bring to the boil and then stir in the **vegetable stock pot**. Pop on the lid and cook for 10 mins. After 10 mins, remove from the heat and leave the **rice** to finish cooking in its own steam for another 10 mins.



4 As your **rice** cooks, chop the remaining ingredients. Remove the roots from the **spring onions** and finely chop. Cut the **cherry tomatoes** into quarters, roughly chop the **coriander** leaves and mix with the **spring onions** and the remaining **garlic**. Season with a pinch of **salt** and keep to one side.

5 Mix the **yoghurt** with the **nigella seeds**.

6 When your **rice** is cooked, add half your **tomatoes**, **coriander** and **spring onion** salsa and gently stir this through the rice.

7 Serve your **aubergines** on top of a generous pile of **rice** and finish with any remaining salsa and a few dollops of your **yoghurt**. Yum!