



# Roasted Aubergine and Chickpea Curry with Yoghurt and Garlic Naan Bread

Classic 40-45 Minutes • Mild Spice • 3 of your 5 a day • Veggie

42



Garlic Clove



Chickpeas



Aubergine



North Indian  
Style Spice Mix



Rogan Josh  
Curry Paste



Tomato Passata



Vegetable Stock  
Paste



Plain Naans



Mango Chutney



Greek Style Natural  
Yoghurt

#### Pantry Items

Oil, Salt, Pepper, Olive Oil, Butter

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep. Ingredients in **red** are hot!

## Cooking tools

Garlic press, sieve, baking tray, frying pan and bowl.

## Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	3	4	6
Chickpeas	½ carton	¾ carton	1 carton
Aubergine**	1	2	2
North Indian Style Spice Mix	1 sachet	1 sachet	2 sachets
Rogan Josh Curry Paste	50g	75g	100g
Tomato Passata	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste <b>10</b>	10g	15g	20g
Plain Naans <b>7</b> <b>13</b>	2	3	4
Mango Chutney	40g	60g	80g
Greek Style Natural Yoghurt** <b>7</b>	75g	99g	150g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Water for the Sauce*	100ml	150ml	200ml
Olive Oil for the Garlic Bread*	2 tbsp	3 tbsp	4 tbsp
Butter*	20g	30g	40g

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	572g	100g
	3583 / 856	627 / 150
Fat (g)	37.5	6.6
Sat. Fat (g)	10.5	1.8
Carbohydrate (g)	104.7	18.3
Sugars (g)	26.9	4.7
Protein (g)	22.1	3.9
Salt (g)	3.94	0.69

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**7**) Milk **10**) Celery **13**) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

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1



## Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7.

Peel and grate the **garlic** (or use a garlic press).

Drain and rinse the **chickpeas** in a sieve (see ingredients for amount).

4



## Garlic Naan Time

Meanwhile, pop the **naans** on a baking tray.

Mix the **olive oil for the garlic bread** (see pantry for amount) and remaining **garlic** in a bowl, then drizzle over the **naans**.

When the **aubergine** has almost finished roasting, pop the **garlic naans** into the oven to warm through, 2-3 mins.

2



## Roast the Aubergine

Trim the **aubergine**, then halve lengthways.

Chop each half into four long strips, then chop widthways into thirds.

Pop the **aubergine** onto a baking tray. Drizzle with **oil**, sprinkle over the **half** the **North Indian style spice mix**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.

When the oven is hot, roast on the top shelf until soft and golden, 25-30 mins. Turn halfway through.

5



## Combine and Stir

Once the **aubergine** is roasted, stir it through the **curry** along with the **mango chutney**, then taste and add **salt** and **pepper** if needed.

Mix the **butter** through the **sauce** (see pantry for amount) until melted.

3



## Curry Up

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add **half** the **garlic**, the **rogan josh curry paste** and the remaining **North Indian style spice mix**. Fry for 1 min, then stir in the **passata**, **veg stock paste** and **water for the sauce** (see pantry for amount).

Stir through the **chickpeas**, then simmer until the **sauce** has thickened, 10-15 mins.

6



## Serve

Spoon your **aubergine curry** into bowls and top with a dollop of **yoghurt**.

Serve with the **garlic naan** alongside.

## Enjoy!