

Roasted Aubergine and Chickpea Curry

with Yoghurt and Garlic Naan Bread

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



Aubergine



Garlic Clove



Chickpeas



North Indian Style Spice Mix



Rogan Josh Curry Paste



Tomato Passata



Vegetable Stock Paste



Plain Naans



Mango Chutney



Greek Style Natural Yoghurt



Diced British Chicken Breast

Pantry Items

Oil, Salt, Pepper, Olive Oil, Butter

+ Add Chicken Breast

If you chose to add diced chicken breast, then just follow the instructions on the back of this card.

Happy cooking!

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

Baking tray, garlic press, sieve, frying pan and bowl.

Ingredients

Ingredients	2P	3P	4P
Aubergine**	1	2	2
Garlic Clove**	3	4	6
Chickpeas	1 carton	1½ cartons	2 cartons
North Indian Style Spice Mix	1 sachet	2 sachets	2 sachets
Rogan Josh Curry Paste	50g	75g	100g
Tomato Passata	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste	10g	15g	20g
Plain Naans 7) 13)	2	3	4
Mango Chutney	40g	60g	80g
Greek Style Natural Yoghurt** 7)	75g	99g	150g
Diced British Chicken Breast**	240g	390g	520g

Pantry	2P	3P	4P
Water for the Sauce*	150ml	225ml	300ml
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	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	656g	100g	786g	100g
Energy (kJ/kcal)	3700/884	565/135	4348/1039	553/132
Fat (g)	36.1	5.5	38.5	4.9
Sat. Fat (g)	10.4	1.6	11.0	1.4
Carbohydrate (g)	110.0	16.8	110.2	14.0
Sugars (g)	26.6	4.1	26.7	3.4
Protein (g)	25.5	3.9	57.0	7.3
Salt (g)	3.80	0.58	4.00	0.51

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 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, mollusc, 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. Be careful when adding water to hot pans while cooking.

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Get Prepped

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

Meanwhile, 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**, 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.



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.



Roast the Aubergine

Meanwhile, peel and grate the **garlic** (or use a garlic press).

Drain and rinse the **chickpeas** in a sieve.



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



Curry Up

When the **aubergine** is about halfway through cooking, heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add **half** the **garlic**, the **North Indian style spice mix** and **rogan josh curry paste**. Fry until fragrant, 1 min.

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.

+ Add Chicken Breast

If you're adding **chicken**, add it to the pan with the **flavourings**. The **chicken** will cook through while simmering. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.



Serve

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

Serve with the **garlic naan** alongside.

Enjoy!