



Creamy Aubergine Curry

with Mushrooms, Lentils and Potatoes

Calorie Smart 40-45 Minutes • Mild Spice • 4 of your 5 a day • Veggie

23



Garlic Clove



Closed Cup Mushrooms



Baking Potato



Lentils



Ginger Puree



Tomato Puree



North Indian Style Spice Mix



Coconut Milk



Vegetable Stock Paste



Aubergine



Lime

Pantry Items

Oil, Salt, Pepper, Sugar, Butter

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Garlic press, sieve, saucepan, baking tray and fine grater.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	1	2	2
Closed Cup Mushrooms**	150g	225g	300g
Baking Potato	1	2	2
Lentils	1 carton	1½ cartons	2 cartons
Ginger Puree	15g	15g	30g
Tomato Puree	30g	45g	60g
North Indian Style Spice Mix	1 sachet	1 sachet	2 sachets
Coconut Milk	200ml	300ml	400ml
Vegetable Stock Paste 10)	10g	15g	20g
Aubergine**	1	2	2
Lime**	½	1	1
Pantry	2P	3P	4P
Water for the Curry*	250ml	375ml	500ml
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2564 / 613	384 / 92
Fat (g)	31.9	4.8
Sat. Fat (g)	25.0	3.8
Carbohydrate (g)	66.7	10.0
Sugars (g)	14.0	2.1
Protein (g)	16.9	2.5
Salt (g)	3.93	0.59

Nutrition for uncooked ingredients based on 2 person recipe.

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

Point™ values based on low-cal cooking spray oil.

Allergens

10) Celery

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, 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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Get Prepped

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

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

Quarter the **mushrooms**. Cut the **potato** into 1cm chunks (no need to peel).

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



Roast the Aubergine

Meanwhile, trim the **aubergine** and cut into roughly 2cm pieces. Pop onto a large baking tray.

Drizzle with **oil** and sprinkle with the remaining **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.



Build the Flavour

Heat a drizzle of **oil** in a large saucepan on medium heat.

Once hot, add the **mushrooms**. Season with **salt** and **pepper**, then stir-fry until browned, 4-5 mins.

Stir in the **garlic**, **ginger puree**, **tomato puree** and **half** the **North Indian style spice mix**. Cook, stirring, for 1 min more.



Finishing Touches

While everything cooks, zest and halve the **lime**.

Once the **potatoes** are cooked, stir the **roasted aubergine** through the **curry** and bring back to the boil.

Remove from the heat, then squeeze in **half** the **lime juice** (see ingredients for amount). Stir in the **butter** (see pantry for amount).



Curry Up

Pour the **coconut milk** and **water for the curry** (see pantry for amount) into the pan, then stir in the **veg stock paste**, **lentils** and **potato chunks**.

Sprinkle in the **sugar for the sauce** (see pantry for amount).

Bring to the boil and simmer, stirring occasionally, until you can easily slip a knife through the **potatoes**, 30-35 mins.



Serve

Taste the **creamy aubergine curry** and add more **lime juice**, **salt** and **pepper** if needed.

Divide between bowls and sprinkle over the **lime zest** to finish.

Enjoy!



Weight Watchers