

# Fragrant Aubergine and Chickpea Curry with Toasted Coconut and Garlic Coriander Naan

**Classic** 35-40 Minutes • Medium Spice • 5 of your 5 a day • Veggie



-  Aubergine
-  Garlic Clove
-  Chickpeas
-  Coriander
-  Curry Powder
-  Desiccated Coconut
-  Rogan Josh Curry Paste
-  Finely Chopped Tomatoes with Onion and Garlic
-  Vegetable Stock Paste
-  Plain Naan Breads
-  Greek Style Natural Yoghurt

**Pantry Items**  
Oil, Salt, Pepper, Sugar

## 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, baking tray and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Aubergine**	1	1½	2
Garlic Clove**	2	3	4
Chickpeas	1 carton	1½ cartons	2 cartons
Coriander**	1 bunch	1 bunch	1 bunch
Curry Powder	1 sachet	1 sachet	2 sachets
Desiccated Coconut	22g	37g	44g
Rogan Josh Curry Paste	50g	75g	100g
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste 10)	10g	15g	20g
Plain Naan Breads 7) 13)	2	3	4
Greek Style Natural Yoghurt** 7)	75g	150g	150g

Pantry	2P	3P	4P
Sugar*	½ tsp	¾ tsp	1 tsp
Water for the Curry*	50ml	75ml	100ml

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

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3449 / 824	504 / 121
Fat (g)	28.2	4.1
Sat. Fat (g)	10.9	1.6
Carbohydrate (g)	109.0	15.9
Sugars (g)	27.3	4.0
Protein (g)	26.4	3.9
Salt (g)	5.33	0.78

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, 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.

Trim the **aubergine**, then cut into roughly 3cm pieces.

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

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

Roughly chop the **coriander** (stalks and all).



## Roast the Aubergine

Pop the **aubergine** onto a large baking tray.

Drizzle with **oil**, then season with **salt**, **pepper** and the **curry powder**. Toss to coat, then spread out in a single layer.

When the oven is hot, roast on the top shelf until the **aubergine** is soft and golden, 20-25 mins. Turn halfway through.



## Toast the Coconut

While the **aubergine** roasts, heat a large frying pan on medium-high heat (no oil).

Once hot, add the **desiccated coconut** and cook, stirring regularly, until lightly toasted, 1-2 mins.

**TIP:** Watch it like a hawk as it can burn easily.

Once toasted, transfer to a bowl.



## Curry Up

Pop the (now empty) frying pan back on medium-high heat with a drizzle of **oil**.

Once hot, add the **rogan josh curry paste** and **half the garlic**. Stir and cook for 1 min.

Stir in the **chopped tomatoes**, **veg stock paste**, **chickpeas**, **sugar** and **water for the curry** (see pantry for both amounts). Simmer, stirring occasionally, until thickened, 10-15 mins.



## Warm the Naans

When the **curry** is almost ready, pop the **naans** on a baking tray.

Drizzle with **oil** and scatter over the remaining **garlic** and a **quarter** of the **coriander**. Pop them into the oven to warm through, 2-3 mins.

Stir the remaining **coriander** into the **curry**. Taste and season with **salt** and **pepper** if needed.



## Serve

When ready, serve the **aubergine curry** in bowls.

Top with a dollop of **yoghurt** and a sprinkle of **desiccated coconut**.

Serve the **naan breads** alongside for dipping and scooping.

## Enjoy!