



Lamb and Aubergine Curry

with Basmati Rice and Coriander

Calorie Smart 30 Minutes • Medium Spice • 1 of your 5 a day • Under 600 calories

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Aubergine



Shallot



Garlic Clove



Coriander



Basmati Rice



Ground Coriander



Lamb Mince



North Indian Style Spice Mix



Finely Chopped Tomatoes



Chicken Stock Paste

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Saucepan, Cutting Board, Knife, Garlic Press, Baking Tray and Frying Pan.

Ingredients

	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Aubergine**	1	2	2
Shallot**	1	1	2
Garlic Clove	1	2	2
Coriander**	1 bunch	1 bunch	1 bunch
Basmati Rice	150g	225g	300g
Ground Coriander	1 sachet	1 sachet	2 sachets
Lamb Mince**	200g	300g	400g
North Indian Style Spice Mix	2 sachets	2 sachets	4 sachets
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Water for Curry*	50ml	75ml	100ml
Chicken Stock Paste	10g	15g	20g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	571g	100g
Energy (kJ/kcal)	2414 /577	423 /101
Fat (g)	15	3
Sat. Fat (g)	12	2
Carbohydrate (g)	79	14
Sugars (g)	14	2
Protein (g)	31	5
Salt (g)	3.00	0.53

Nutrition for uncooked ingredients based on 2 person recipe.

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

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Get Prepped

Preheat the oven to 200°C. Pour the **water for the rice** (see ingredients for amount) into a saucepan and bring to the boil. Trim the **aubergine** then halve lengthways. Chop each half into four long strips then chop widthways into roughly 2cm pieces. Peel, halve and thinly slice the **shallot**. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **coriander** (stalks and all).



Cook the Rice

When the **water** is boiling, add **¼ tsp of salt**, stir in the **rice**, lower the heat to medium and pop a lid on the pan. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the rice will continue to cook in its own steam).



Roast the Aubergine

Pop the **diced aubergine** onto a large baking tray and sprinkle over the **ground coriander** and season with **salt** and **pepper**. Arrange in a single layer, drizzle with **oil**, then roast on the top shelf of the oven until cooked and golden, 20-25 mins, turning halfway through.



Start the Curry

In the meantime, heat a large frying pan over medium-high heat (no oil). Once hot, add the **lamb** and season with **salt** and **pepper**. Cook until browned, 5-6 mins. Break it up with a spoon as it cooks. Once the **mince** is brown, drain and discard any excess oil in the pan, then lower the heat slightly and add the **shallot**. Cook until softened, 3-4 mins then stir in the **garlic** and **North Indian style spice mix**. Cook for 30 seconds. **IMPORTANT:** Wash your hands after handling raw meat.



Cook the Curry

Add the **finely chopped tomatoes**, **water for the curry** (see ingredients for amount) and the **stock paste** to the **lamb**. Stir to dissolve the **stock**, bring to the boil, then lower the heat and simmer until the **curry** is thick and tomatoey, 8-10 mins. Stir occasionally. **IMPORTANT:** The mince is cooked when no longer pink in the middle.



Finish Up

Once cooked, stir the **roasted aubergine** into the **curry** and cook until piping hot, 1-2 mins. Mix in **half** the **coriander** and season to taste with **salt** and **pepper**. Fluff up the **rice** with a fork then serve in bowls with the **curry** spooned on top. Sprinkle over the remaining **coriander** and dig in!

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.