



Lamb and Aubergine Curry

with Basmati Rice and Coriander

27

Calorie Smart 25-30 Minutes • Medium Spice • 1 of your 5 a day • Under 650 Calories



-  Aubergine
-  Echalion Shallot
-  Garlic Clove
-  Coriander
-  Basmati Rice
-  Ground Coriander
-  Lamb Mince
-  North Indian Style Spice Mix
-  Finely Chopped Tomatoes
-  Chicken Stock Paste

Pantry Items
Sugar

Before you start

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

Cooking tools

Garlic press, saucepan, lid, baking tray and frying pan.

Ingredients

	2P	3P	4P
Aubergine**	1	2	2
Echalion Shallot**	1	1	2
Garlic Clove**	1	2	2
Coriander**	1 bunch	1 bunch	1 bunch
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Ground Coriander	1 sachet	1 sachet	2 sachets
Lamb Mince**	200g	300g	400g
North Indian Style Spice Mix	2 pots	2 pots	4 pots
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Water for the Curry*	50ml	75ml	100ml
Sugar*	½ tsp	¾ tsp	1 tsp
Chicken Stock Paste	10g	15g	20g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	573g	100g
Energy (kJ/kcal)	2485 / 594	434 / 104
Fat (g)	16	3
Sat. Fat (g)	7	1
Carbohydrate (g)	79	14
Sugars (g)	15	3
Protein (g)	31	6
Salt (g)	3.03	0.53

Nutrition for uncooked ingredients based on 2 person recipe.
PersonalPoints™ values based on low-cal cooking spray oil.

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.

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Get Prepped

Preheat the oven to 200°C. Trim the **aubergine**, then halve lengthways. Chop each half into four long strips, then chop widthways into roughly 2cm pieces. Halve, peel and thinly slice the **shallot**. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **coriander** (stalks and all).



Time to Fry

Meanwhile, heat a large frying pan on medium-high heat (no oil). Once hot, add the **lamb** and season with **salt and pepper**. Cook until browned, 5-6 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat. 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 secs. **IMPORTANT:** Wash your hands and equipment after handling raw mince.



Cook the Rice

Pour the **cold water for the rice** (see ingredients for amount) into a medium saucepan with a tight-fitting lid. Stir in the **rice** and **¼ tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid. 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).



Cook the Curry

Add the **chopped tomatoes, water for the curry, sugar** (see ingredients for both amounts) and **chicken stock paste** to the **lamb**. Stir together, bring to the boil, then lower the heat and simmer until the **curry** has thickened, 8-10 mins. Stir occasionally. **IMPORTANT:** The mince is cooked when no longer pink in the middle.



Roast the Aubergine

While the **rice** cooks, pop the **aubergine** onto a large baking tray. Drizzle with **oil**, season with **salt and pepper**, then sprinkle over the **ground coriander**. Toss to coat, then spread out in a single layer. When the oven is hot, roast on the top shelf until cooked and golden, 20-25 mins. Turn halfway through.



Finish and Serve

Once cooked, stir the **roasted aubergine** into the **curry** and cook until piping hot, 1-2 mins. Mix in **half** the **chopped 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** to finish.

Enjoy!

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