



Lamb and Aubergine Curry

with Basmati Rice and Coriander

Calorie Smart 30-35 Minutes • Medium Spice • 4 of your 5 a day • Under 650 Calories

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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

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, saucepan, lid, baking tray and frying pan.

Ingredients

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
Basmati Rice	150g	225g	300g
Ground Coriander	1 sachet	1 sachet	1 sachet
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
Chicken Stock Paste	10g	15g	20g

Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
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)	2471 /591	434 /104
Fat (g)	16.1	2.8
Sat. Fat (g)	6.8	1.2
Carbohydrate (g)	83.5	14.7
Sugars (g)	15.2	2.7
Protein (g)	31.1	5.5
Salt (g)	3.33	0.59

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

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.

Having trouble with your WW QR code? You can type this recipe name into the search bar in the WW app to see your unique PersonalPoints™ value.

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Get Prepped

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

Trim the **aubergine**, then halve lengthways. Cut 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).



Fry your Lamb Mince

Meanwhile, heat a large frying pan on medium-high heat (no oil).

Once hot, add the **lamb** and fry until browned, 5-6 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat. Season with **salt and pepper**. **IMPORTANT:** *Wash your hands and equipment after handling raw mince. The mince is cooked when no longer pink in the middle.*

Lower the heat slightly. Add the **shallot** and cook until softened, 3-4 mins.



Cook the Rice

Pour the **water for the rice** (see pantry 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).



Curry Up

Stir the **garlic** and **North Indian style spice mix** into the pan. Cook for 30 secs.

Add the **chopped tomatoes, chicken stock paste, sugar and water for the curry** (see pantry for both amounts) and stir together.

Bring to the boil, then lower the heat and simmer until the **curry** has thickened, 8-10 mins. Stir occasionally.



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** through 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 share between your bowls and top with the **lamb curry**.

Sprinkle over the remaining **coriander** to finish.

Enjoy!

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