



Roasted Aubergine and Chickpea Curry with Toasted Coconut Rice and Yoghurt

Classic 40-45 Minutes • Mild Spice • 4 of your 5 a day

40



Garlic Clove



Chickpeas



Aubergine



North Indian
Style Spice Mix



Desiccated
Coconut



Basmati Rice



Rogan Josh Curry
Paste



Finely Chopped
Tomatoes with
Onion & Garlic



Vegetable Stock
Paste



Mango Chutney



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, frying pan, bowl, saucepan and lid.

Ingredients

| Ingredients | 2P | 3P | 4P |
|---|-----------|------------|-----------|
| Garlic Clove** | 2 | 3 | 4 |
| Chickpeas | ½ carton | ¾ carton | 1 carton |
| Aubergine** | 1 | 2 | 2 |
| North Indian Style Spice Mix | 1 sachet | 1 sachet | 2 sachets |
| Desiccated Coconut | 15g | 22g | 30g |
| Basmati Rice | 150g | 225g | 300g |
| 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 |
| Mango Chutney | 40g | 60g | 80g |
| Greek Style Natural Yoghurt** 7) | 75g | 100g | 150g |
| Pantry | 2P | 3P | 4P |
| Water for the Rice* | 300ml | 450ml | 600ml |
| Sugar for the Sauce* | ½ tsp | ¾ tsp | 1 tsp |
| Water for the Sauce* | 100ml | 150ml | 200ml |
| Butter* | 20g | 30g | 40g |

*Not Included **Store in the Fridge

Nutrition

| Typical Values for uncooked ingredient | Per serving | Per 100g |
|--|-------------|-----------|
| Energy (kJ/kcal) | 3172 / 758 | 572 / 137 |
| Fat (g) | 26.2 | 4.7 |
| Sat. Fat (g) | 13.2 | 2.4 |
| Carbohydrate (g) | 111.8 | 20.1 |
| Sugars (g) | 32.1 | 5.8 |
| Protein (g) | 18.9 | 3.4 |
| Salt (g) | 4.54 | 0.82 |

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

Allergens

7) Milk 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

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to hellofresh.co.uk or use our app to rate this recipe

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

You can recycle me!



Get Prepped

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

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

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



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).



Roast the Aubergine

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

Chop each half into four long strips, then chop widthways into thirds.

Pop the **aubergine** onto a baking tray. Drizzle with **oil**, sprinkle over the **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, 20-25 mins. Turn halfway through.



Make the Curry

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

Once hot, add the **garlic** and **rogan josh curry paste** and fry for 1 min more, then stir in the **chopped tomatoes, veg stock paste, sugar** and **water for the sauce** (see pantry for both amounts).

Stir through the **chickpeas** (see ingredients for amount), then simmer until the **sauce** has thickened, 10-15 mins.



Toasting Time

Meanwhile, heat a large frying pan on medium 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 small bowl and set aside.



Finish and Serve

When everything's ready, fluff up the **rice** with a fork and stir through the **toasted coconut**.

Stir the **roasted aubergine, mango chutney** and **butter** (see pantry for amount) through the **curry**, then taste and add **salt** and **pepper** if needed.

Spoon the **rice** and **aubergine curry** into your bowls and top with a dollop of **yoghurt** to finish.

Enjoy!