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## Tandoori Spiced Aubergine with Tomato and Coriander Rice and Nigella Yoghurt

Our chef André isn't a vegetarian but his veggie friends absolutely love this dish - he makes it whenever they come over - because they demand it! So get cooking his tandoori spiced aubergine!

 40 mins

 4 of your 5 a day

 veggie



Aubergine (1)



Tandoori Spice Mix (1 tbsp)



Red Onion (1)



Red Pepper (1)



Garlic Clove (2)



Ginger (1)



Turmeric (½ tsp)



Basmati Rice (175g)



Water (350ml)



Vegetable Stock Pot (1)



Spring Onion (3)



Cherry Tomatoes (1 punnet)



Coriander (1 bunch)



Natural Yoghurt (1 pot)




Nigella Seeds (½ tsp)

## 2 PEOPLE INGREDIENTS

- Aubergine, sliced **1**
- Tandoori Spice Mix **1 tbsp**
- Red Onion, chopped **1**
- Red Pepper, chopped **1**
- Garlic Clove, grated **2**
- Ginger, grated **1**
- Turmeric **½ tsp**
- Basmati Rice **175g**

- Water **350ml**
- Vegetable Stock Pot **1**
- Spring Onion, chopped **3**
- Cherry Tomatoes, quartered **1 punnet**
- Coriander, chopped **1 bunch**
- Natural Yoghurt **1 pot**
- Nigella Seeds **½ tsp**

 Our fruit and veggies may need a little wash before cooking!

### Did you know...

Nigella seeds are one of the oldest spices known to mankind and were even found in Tutankhamun's tomb. WOW!

**Allergens:** Milk, Celery, Sulphites.

### Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
<b>Per serving</b>	387 kcal / 1606 kJ	4 g	1 g	79 g	18 g	14 g	5 g
<b>Per 100g</b>	59 kcal / 245 kJ	1 g	0 g	12 g	3 g	2 g	1 g

**Vegetable Stock Pot Ingredients:** Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder [contains **Sulphites**], Stabiliser [Tara Gum], **Celery** Salt, **Celery** Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.



**1** Preheat your oven to 200 degrees. Cut the **aubergine** in half lengthways and then slice in half lengthways again so that you have four strips. Mix a pinch of **salt**, the **tandoori spice** mix (use less if you don't like things too spicy) and a glug of oil together in a small bowl. Massage this into your **aubergine** and then pop it on a baking tray. Roast for 25 mins on the middle shelf of your oven.



**2** Cut the **red onion** in half through the root, peel and chop into small cubes (½cm is perfect!). Remove the core from the **red pepper** and chop into 1cm cubes. Peel and grate the **garlic** and **ginger** (or use a garlic press if you have one). Then peel the **ginger** using the edge of a spoon, and grate.



**3** Put a saucepan on medium heat and add a glug of **oil**. Cook your **onion** and **pepper** for 3 mins with a pinch of **salt**. Add your **ginger** and half your **garlic** and cook for 30 seconds more. Stir in the **turmeric** and **basmati rice** and then pour in the **water** (amount specified in the ingredient list). Bring to the boil, then stir in the **vegetable stock pot**. Pop the lid on and cook for 10 mins. After 10 mins, remove from the heat and leave your **rice**, with the lid, on to finish cooking in its own steam for another 10 mins.



**4** As your rice cooks, prepare the remaining ingredients. Remove the root from the **spring onion** and finely chop. Cut the **cherry tomatoes** into quarters. Roughly chop the **coriander** and mix with your **spring onion**, **cherry tomatoes** and your remaining **garlic**. Season with a pinch of salt and keep to one side. This is your salsa.

**5** Mix the **yoghurt** with the **nigella seeds**.

**6** When your rice is cooked, add half your **salsa** and gently stir it through your rice.

**7** Serve your **spiced aubergine** on top of a generous pile of **rice** and finish with a few dollops of **nigella yoghurt** and your remaining **salsa**.. Yum!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!