



Creamy Aubergine Curry

with Mushrooms, Lentils and Potato

CLASSIC 40 Minutes • Medium Heat • 3 of your 5 a day • Veggie

N° 7



Aubergine



Onion



Garlic Clove



Ginger



Chestnut Mushrooms



Potato



Tomato Purée



North Indian Style Curry Powder



Coconut Milk



Knorr Vegetable Stock Pot



Lentils



Coriander



Lime

Before you start

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

Basic cooking tools you will need:

Baking Tray, Fine Grater (or Garlic Press), Large Saucepan, Measuring Jug and Sieve.

Ingredients

	2P	3P	4P
Aubergine**	1	2	2
Onion**	1	1	2
Garlic Clove**	1	2	2
Ginger**	1	1	2
Chestnut Mushrooms**	1 small punnet	1 large punnet	2 small punnets
Potato**	1	2	2
Tomato Purée	1 sachet	1½ sachets	2 sachets
North Indian Style Curry Powder	1 small pot	¾ large pot	1 large pot
Coconut Milk	400ml	600ml	800ml
Water for the Sauce*	75ml	100ml	150ml
Knorr Vegetable Stock Pot 10	1 sachet	1½ sachets	2 sachets
Lentils	1 carton	1½ cartons	2 cartons
Coriander**	1 bunch	1 bunch	1 bunch
Lime**	1	1	2

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	860g	100g
Energy (kJ/kcal)	3056 / 731	355 / 85
Fat (g)	42	5
Sat. Fat (g)	35	4
Carbohydrate (g)	68	8
Sugars (g)	19	2
Protein (g)	18	2
Salt (g)	2.41	0.28

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

10) Celery

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Contact

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1. Roast the Aubergine

Preheat your oven to 220°C. Trim the **aubergine** then halve lengthways. Chop each half into four long strips then chop widthways into roughly 2cm pieces. Pop on a baking tray, drizzle with **oil** and season with **salt** and **pepper**. Toss to coat, spread out and roast on the top shelf of your oven until the **aubergine** is soft in the middle and golden at the edge, 20-25 mins. Turn halfway through cooking.



4. Simmer the Curry

Pour in the **coconut milk** and **water** (see ingredients for amount). Stir in the **Knorr stock pot** and the **potato**. Bring to the boil, cover with a lid and simmer until the potato is cooked, 20-22 mins. Stir every few minutes. **TIP: The potato is cooked when you can easily slip a knife through.**



2. Prep the Veggies

Halve, peel and thinly slice the **onion**. Peel and grate the **garlic** (or use a garlic press) and **ginger**. Quarter the **chestnut mushrooms**. Chop the **potato** into 1cm chunks (no need to peel!).



5. Add the Lentils

While the **curry** cooks, drain and rinse the lentils in a sieve. Roughly chop the coriander (stalks and all). Halve the **lime**. Once the **curry** is cooked and the potato tender, add in the **lentils** and roasted **aubergine** and bring back to the boil. Stir in **half the coriander**.



3. Start the Curry

Heat a drizzle of **oil** in a large saucepan on medium heat. Add the **mushrooms** and a pinch of **salt** and **pepper**. Stir and cook until the **mushrooms** are browned, 4-5 mins. Add the **onion**, stir together and cook until softened, another 4-5 mins. Add the **garlic**, **ginger**, **tomato purée** and **North Indian style curry powder**. Stir and cook for 1 minute more.



6. Finish and Serve

Squeeze in **half the lime juice**, then taste and add more **lime juice**, **salt** and **pepper** if you feel it needs it. Serve in bowls with the remaining **coriander** sprinkled on top.

Enjoy!