



# INDIAN-INSPIRED EGGPLANT

with Tandoori-Spiced Basmati Rice  
and Cilantro Yogurt Sauce

PREP: 15 MIN  
TOTAL: 35 MIN

LEVEL 1

NUT  
FREE

VEGGIE

GLUTEN  
FREE



## HELLO TANDOORI SPICE

Equal parts turmeric,  
cardamom, paprika,  
and coriander



### INGREDIENTS:

- Eggplant
- Red Bell Pepper
- Shallot
- Ginger
- Garlic
- Cilantro
- Tandoori Spice
- Basmati Rice
- Veggie Stock Concentrate
- Greek Yogurt (Contains: Milk)
- Pepitas

### FOR 2 PEOPLE:

- 1
- 1
- 1
- 1 Thumb
- 1 Clove
- ¼ oz
- 1½ tsp
- ¾ Cup
- 1
- 5.3 oz
- 1 oz

### FOR 4 PEOPLE:

- 2
- 2
- 1
- 1 Thumb
- 2 Cloves
- ¼ oz
- 3 tsp
- 1½ Cups
- 2
- 5.3 oz
- 2 oz

### NUTRITION PER SERVING

527 cal | Fat: 15 g | Sat. Fat: 1 g | Protein: 21 g | Carbs: 80 g | Sugar: 13 g | Sodium: 266 mg | Fiber: 7 g

## START STRONG

**Cutting the eggplant into wedges makes for a stunning presentation.**

But if you find it easier to cut into rounds or cubes, feel free. Remember, you're the chef! Just be aware that cook time will vary depending on size, so watch closely.



## BUST OUT

- Peeler
- Small bowl
- Baking sheet
- Large pan
- Olive oil (1 TBSP | 2 TBSP)



### 1 PREHEAT AND PREP

**Wash and dry all produce.**

Preheat oven to 450 degrees. Trim and halve **eggplant** lengthwise, then slice each half into 1-inch wedges. Core, seed, and dice **bell pepper** into ½-inch cubes. Halve, peel, and finely dice **shallot**. Peel and mince **ginger**. Mince **garlic**. Finely chop **cilantro**.

### 2 ROAST EGGPLANT

Toss **eggplant** on a baking sheet with a large drizzle of **olive oil**, ½ **tsp tandoori spice**, and a large pinch of **salt** and **pepper**. Roast 10-12 minutes, turn, then finish roasting until soft and golden brown, another 10-12 minutes.

### 3 COOK AROMATICS

Heat a drizzle of **olive oil** in a large pan over medium-high heat. Add **peppers** and **shallots**, and toss until softened, 3-4 minutes. Add **ginger**, **garlic**, and ½ **tsp tandoori spice**. Toss until fragrant, about 1 minute.



### 4 COOK RICE

Add **rice** and toss to coat. Add 1¾ **cups water** and **stock concentrate**, and bring to a boil. Reduce to a low simmer, and cover until tender, about 15 minutes.

### 5 MAKE YOGURT SAUCE

In a small bowl, combine **yogurt**, half of the **cilantro**, and remaining ½ **tsp Tandoori spice**. Season with **salt** and **pepper**, and thin to a drizzling consistency with 1 TBSP or so of **water**.

### 6 PLATE AND SERVE

Serve **roasted eggplant** on a bed of **rice**. Drizzle with **yogurt** sauce, and finish with a sprinkle of **cilantro** and **pepitas**. Enjoy!

## TRIUMPH!

Perfectly fluffy rice and golden brown eggplant

