



# Fragrant Aubergine Curry

with Chickpeas, Coconut Rice and Nigella Seeds

**Classic** 40 Minutes • Medium Spice • 2.5 of your 5 a day

18



Echalion Shallot



Garlic Clove



Chickpeas



Coriander



Aubergine



Desiccated Coconut



Basmati Rice



Diced Chicken Breast



Pasanda Seasoning



Nigella Seeds



Finely Chopped Tomatoes



Original Onion Marmalade



Vegetable Stock Powder



Greek Yoghurt



### CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

## Before you start

All our fruit and veggies need a little wash before you use them.

## Cooking tools, you will need:

Chopping Board, Sharp Knife, Fine Grater (or Garlic Press), Colander, Baking Tray, Frying Pan, Measuring Jug and Lid.

## Ingredients

	2P	3P	4P
Echalion Shallot**	1	1	2
Garlic Clove**	2 cloves	3 cloves	4 cloves
Chickpeas	1 carton	1 carton	2 cartons
Coriander**	1 bunch	1 bunch	1 bunch
Aubergine**	1	2	2
Desiccated Coconut	25g	25g	50g
Water for Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Diced Chicken Breast**	280g	420g	560g
Pasanda Seasoning	1 large pot	1 small & 1 large pot	2 large pots
Nigella Seeds	1 pot	1 pot	1 pot
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Original Onion Marmalade	1 small pot	1 large pot	1 large pot
Water for the Sauce*	100ml	150ml	200ml
Vegetable Stock Powder <b>10</b>	1 sachet	2 sachets	2 sachets
Greek Yoghurt <b>7</b> **	75g	100g	150g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	706g	100g
Energy (kJ/kcal)	2870 /686	406 /97
Fat (g)	17	2
Sat. Fat (g)	10	1
Carbohydrate (g)	105	15
Sugars (g)	24	3
Protein (g)	22	3
Salt (g)	1.83	0.26
<b>Custom Recipe</b>	<b>Per serving</b>	<b>Per 100g</b>
for uncooked ingredient	846g	100g
Energy (kJ/kcal)	3531 /844	417 /100
Fat (g)	19	2
Sat. Fat (g)	10	1
Carbohydrate (g)	105	12
Sugars (g)	24	3
Protein (g)	56	7
Salt (g)	1.97	0.23

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

**7)** Milk **10)** Celery

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).


Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

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## Prep Time

Preheat your oven to 200°C. Halve, peel and thinly slice the **shallot**. Peel and grate the **garlic** (or use a garlic press). Drain and rinse the **chickpeas** in a colander. Roughly chop the **coriander** (stalks and all).



## Cook the Rice

Meanwhile, pour the **water** for the rice (see ingredients for amount) into a saucepan. Stir in the **rice**, lower the heat to medium and pop a lid on the pan. 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 Aubergines!

Trim the **aubergine** then halve lengthways. Chop each half into four long strips then chop widthways into three chunks. Pop the **aubergine** on a baking tray and drizzle with **oil**. Season with **salt** and **pepper**, toss to coat, then spread out in a single layer. Roast the **aubergine** on the top shelf of your oven until golden brown, 20-25 mins.



## Cook the Curry

Pop your frying pan back onto medium-high heat and add a drizzle of **oil**. Add the **shallot**, stir together and cook until soft and brown, 5 mins. Add the **garlic**, the **pasanda spice mix** and **half** the **nigella seeds**. Cook for 1 minute then stir in the **chopped tomatoes** and **onion marmalade**. Pour in the **water** (see ingredients for amount), **stock powder** and **chickpeas**. Simmer uncovered until thickened, 10-15 mins, stirring occasionally. Add the **aubergine** to the **curry** once it's finished roasting and is golden and tender.

 **CUSTOM RECIPE**

If you've added **chicken** to your meal, before you cook the shallot, add the **chicken** to the pan, season with **salt** and **pepper** and stir-fry until browned, 4-5 mins. Add the **shallot** to the pan and continue with the rest of the step and recipe as instructed. Ensure the **chicken** is cooked through before eating. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.*



## Toasty Time!

Meanwhile, put a large, deep frying pan on medium heat and add the **desiccated coconut** (no oil). Toast until golden brown, 2-3 mins, stirring occasionally, then remove the **coconut** from the pan. **TIP:** *Keep an eye on the coconut, you don't want it to burn!*



## Finish and Serve

Once the **rice** is ready, fluff it up with a fork and stir in the **toasted coconut**. Taste the **curry** and add **salt** and **pepper** if you think it needs it. Serve the **rice** in bowls with the **curry** on the side, a dollop of **yoghurt**, a scattering of the remaining **nigella seeds** and a sprinkle of **coriander**.

## Enjoy!