



# Pasanda Spiced Aubergine Curry with Chickpeas, Coconut Rice and Nigella Seeds

Classic 40 Minutes • Medium Spice • 2 of your 5 a day

18



Echalion Shallot



Garlic Clove



Chickpeas



Coriander



Aubergine



Desiccated Coconut



Basmati Rice



Pasanda Seasoning



Nigella Seeds



Finely Chopped Tomatoes



Original Onion Marmalade



Vegetable Stock Powder



Greek Yoghurt



Paneer



### 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.



## Before you start

### Cooking tools, you will need:

Garlic Press, Colander, Baking Tray, Frying Pan, Saucepan

### Ingredients

	2P	3P	4P
Echalion Shallot	1	1	2
Garlic Clove	2	3	4
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
Pasanda Seasoning	1 pot	2 pots	2 pots
Nigella Seeds	1 pot	1 pot	1 pot
Finely Chopped Tomatoes	1 carton	1 ½ cartons	2 cartons
Onion Marmalade	20g	40g	40g
Water for the Sauce*	100ml	150ml	200ml
Vegetable Stock Powder (10)	1 sachet	2 sachets	2 sachets
Greek Yoghurt 7)**	75g	100g	150g
Paneer 7)**	250g	375g	500g

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

### Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>656g</b>	<b>100g</b>
Energy (kJ/kcal)	2902/694	442/106
Fat (g)	17	3
Sat. Fat (g)	10	2
Carbohydrate (g)	105	16
Sugars (g)	25	4
Protein (g)	22	3
Salt (g)	1.83	0.28
<b>Custom Recipe</b>	<b>Per serving</b>	<b>Per 100g</b>
<b>for uncooked ingredient</b>	<b>781g</b>	<b>100g</b>
Energy (kJ/kcal)	4717/1127	604/144
Fat (g)	52	7
Sat. Fat (g)	32	4
Carbohydrate (g)	111	14
Sugars (g)	30	4
Protein (g)	48	6
Salt (g)	2.46	0.31

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 200C. 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).

**CUSTOM RECIPE**

If you've to add **paneer** to your meal, chop it into 1cm cubes at the beginning of the step. Carry on with the rest of the step as instructed.



### 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.



### 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!*



### Cook the Rice

Meanwhile, pour the **water** for the rice (see ingredients for amount) into a saucepan. Stir in 1/4 tsp of **salt** and bring to the boil. When boiling, 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).



### Cook the Curry


Pop your frying pan back on 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, stirring occasionally, 10-15 mins. Add the **aubergine** to the **curry** once it's finished roasting and is golden and tender.



### Finish and Serve

Once the **rice** is cooked, 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 remaining **nigella seeds** and a sprinkle of **coriander**.

### Enjoy!

**CUSTOM RECIPE**

If you've added **paneer** to your meal, add it to your frying pan before the **shallot** and stir fry until golden on the outside, 4-5 mins. Then add the **shallot** to the pan with the **paneer** and cook until soft, 3-4 mins. Continue with the rest of the recipe as instructed.