



Roasted Aubergine and Spinach Dahl

with Rice and Greek Yoghurt

Classic 35 Minutes • Medium Spice • 3 of your 5 a day

18



Aubergine



North Indian Style Curry Powder



Onion



Korma Curry Paste



Tomato Passata



Red Lentils



Vegetable Stock Powder



Basmati Rice



Coriander



Greek Yoghurt



Baby Spinach



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:

Large Baking Tray, Large Saucepan with Lid

Ingredients

	2P	3P	4P
Aubergine**	1	1½	2
North Indian Style Curry Powder	1 small pot	¾ large pot	1 large pot
Onion**	1	1	2
Diced Chicken Breast**	280g	420g	560g
Korma Curry Paste 9)	50g	75g	100g
Tomato Passata	1 carton	1½ carton	2 cartons
Red Lentils	100g	150g	200g
Water for the Lentils*	350ml	525ml	700ml
Vegetable Stock Powder 10)	1	1½	2
Sugar*	½ tsp	¾ tsp	1 tsp
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Coriander**	1 bunch	1 bunch	1 bunch
Baby Spinach**	100g	150g	200g
Greek Yoghurt 7)**	75g	100g	150g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	903g	100g
Energy (kJ/kcal)	2767/661	306/73
Fat (g)	12	1
Sat. Fat (g)	4	1
Carbohydrate (g)	112	12
Sugars (g)	20	2
Protein (g)	26	3
Salt (g)	2.75	0.30
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	718g	100g
Energy (kJ/kcal)	3429/820	477/114
Fat (g)	15	2
Sat. Fat (g)	4	1
Carbohydrate (g)	112	16
Sugars (g)	20	3
Protein (g)	60	8
Salt (g)	2.89	0.40

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 9) Mustard 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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Roast the Aubergine

Preheat your oven to 200C. Trim the **aubergine** then halve lengthways. Chop each half into four long strips then chop widthways into roughly 2cm pieces. Pop the **aubergine** chunks onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** and sprinkle over the **North Indian spice Mix**. Toss to coat, then arrange in a single layer. Roast the **aubergine** until golden brown and soft, 25-30 mins turning halfway through.



Cook the Rice

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



Onion Time!

Meanwhile, halve, peel and chop the **onion** into small pieces. Heat a drizzle of **oil** in a large saucepan over medium high heat. Once hot, add the **onion** and cook, stirring, until softened and turning brown, 5-6 mins.

CUSTOM RECIPE

If you've decided to add **diced chicken breast** to you're meal, before you add the onion to the pan, add the **chicken** and cook until brown all over, 5-6 mins. Turn occasionally. **IMPORTANT: Wash your hands and equipment after handling raw meat.** Add the **onion** to the **chicken**, stir together and continue with the recipe as instructed.



Finish the Dahl

Roughly chop the **coriander** (stalks and all). Once the **lentils** are cooked, add the **spinach** a handful at a time, stirring, until wilted and piping hot, 2-3 mins. Stir through **half** the **roasted aubergine**, **half** the **Greek yoghurt** and **half** the **coriander**. Taste and season with **salt** and **pepper**.



Add the Flavour

Add the **korma paste** and cook, stirring, for 1 minute. Add the **passata**, **lentils**, **water** (see ingredients for amount), **vegetable stock powder**, **sugar** (see ingredients for amount). Season with **salt** and **pepper** and bring to a boil. Once boiling, lower the heat to medium and cook until the **lentils** are soft, 20-25 mins. Stir regularly to make sure it doesn't stick to the bottom of the pan and add a splash of **water** if it is starting to get too thick.

CUSTOM RECIPE

If you've decided to add **diced chicken breast** to you're meal, make sure it's cooked through by the end of the **lentil** cooking time. **IMPORTANT: The chicken is cooked when it is no longer pink in the middle.**



Serve!

Once everything is ready, divide the **rice** between plates. Top with the **dahl**, add the remaining roasted **aubergine** and remaining **yoghurt**. Scatter over the remaining **coriander**.

Enjoy!