



INDIAN SPICED AUBERGINE

with Golden Basmati and Nigella Yoghurt



HELLO NIGELLA SEEDS

These black seeds have been found in King Tut's tomb!



Aubergine



Red Onion



Red Pepper



Ginger



Garlic Clove



Red Chilli



Pasanda Spice Blend



Olive Oil



Turmeric



Basmati Rice



Water



Vegetable Stock Pot



Coriander



Greek Yoghurt



Nigella Seeds

MEAL BAG

40 mins

Veggie

4 of your 5 a day

Very Hot

Rich and meaty in texture, the mighty aubergine is the showstopper in this vegetarian dish. Seasoned with our pasanda spice blend (an earthy mix of cumin, black peppercorns, ground turmeric, cloves, cardamom, fenugreek, chilli and cinnamon) and served on a bed of golden rice, this is the perfect dish to knock together mid week.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Fine Grater**, **Mixing Bowl**, **Baking Tray**, **Large Saucepan** (with a **lid**) and **Measuring Jug**. Now, let's get cooking!



1 PREP THE VEGGIES

Preheat your oven to 200°C. Remove the stalk top from the **aubergine** and slice into 1cm thick rounds. Halve, peel and thinly slice the **red onion** into half moons. Halve, then remove the core from the **red pepper** and chop into 1cm cubes. Peel and grate the **ginger** and **garlic** (or use a garlic press). Halve the **red chilli** lengthways, deseed and finely chop.



2 ROAST THE AUBERGINE

Mix a pinch of **salt**, the **pasanda spice blend** (add less if you don't like spice!) and the **olive oil** (amount specified in the ingredient list) together in a large mixing bowl. Add the **aubergine** and **onion** and coat in the **oil**. Pop the **aubergine** and **onion** on a baking tray, making sure the **aubergine slices** don't overlap! Roast on the middle shelf of your oven until the **aubergine** is soft and golden, 20-25 mins, turn halfway through.



3 COOK THE RICE

Meanwhile, heat a glug of **oil** in a large saucepan on medium heat. Add the **pepper**, stirring frequently and cook until soft, 3-4 mins. Add the **ginger** and the **garlic**. Cook for 1 minute more. Stir in the **turmeric**, **basmati rice**, **water** (amount specified in the ingredient list) and **vegetable stock pot**. Stir well to dissolve and bring the mixture to the boil.



4 FINISH THE RICE

Reduce the heat to low and pop a lid on the pan. Cook for 10 mins, then remove from the heat and set aside (still covered) for another 10 mins. **★ TIP:** *The rice will finish cooking in its own steam.*



5 MAKE THE YOGHURT

While the **rice** and **aubergine** cook, roughly chop the **coriander** (stalks and all). Spoon the Greek **yoghurt** into a small bowl. Stir in **half** the **coriander** and the **nigella seeds**.



6 SERVE

Fluff up the **rice** with a fork and stir through a little of the **coriander**. Taste and add some **salt** and **pepper** if necessary. Serve the **Indian spiced aubergine** on top of a generous portion of **golden rice** and finish with dollops of **nigella yoghurt** and a sprinkling of remaining **coriander**. Add some **red chilli** for a real kick. **Enjoy!**

2 PEOPLE INGREDIENTS

Aubergine, sliced	1
Red Onion, sliced	1
Red Pepper, chopped	1
Ginger, grated	1 piece
Garlic Clove, grated	2
Red Chilli, chopped	¼
Pasanda Spice Blend	1½ tsp
Olive Oil*	2 tbsps
Turmeric	¾ tsp
Basmati Rice	150g
Water*	300ml
Vegetable Stock Pot (10) (14)	½
Coriander, chopped	1 small bunch
Greek Yoghurt (7)	1 pot
Nigella Seeds	½ tsp

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	605	116
(kJ)	2550	489
Fat (g)	26	5
Sat. Fat (g)	8	2
Carbohydrate (g)	80	15
Sugars (g)	21	4
Protein (g)	16	3
Salt (g)	1.44	0.28

ALLERGENS

7) Milk (10) Celery (14) Sulphites

Vegetable Stock Pot: Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder [contains **sulphites**], Stabiliser [Tara Gum], **Celery** Salt, **Celery** Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.

THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to hello@hellofresh.co.uk and we'll get back to you.

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