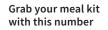


NEW



















Tomato Paste





Mumbai Spice

Coconut Milk





Vegetable Stock

Baby Leaves









Prep in: 20-30 mins Ready in: 35-45 mins



Calorie Smart

This vibrant eggplant curry has flavour bursting in every bite! The garlic rice is fluffy and packed with savoury goodness, balanced against the roast veggies and Mumbai-style spices, we reckon it's a sure winner at the dinner table.

Pantry items

Olive Oil, Butter, Brown Sugar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper \cdot Medium saucepan with lid \cdot Large frying pan

Ingredients

9		
2 People	4 People	
refer to method	refer to method	
1	2	
1	2	
1/2	1	
3 cloves	6 cloves	
20g	40g	
1 medium packet	1 large packet	
1¼ cups	2½ cups	
½ packet	1 packet	
1 sachet	2 sachets	
1 medium packet	2 medium packets	
1 medium sachet	1 large sachet	
1 tsp	2 tsp	
1/4 cup	½ cup	
1 small packet	1 medium packet	
1 packet	2 packets	
	refer to method 1 1 1 ½ 3 cloves 20g 1 medium packet 1¼ cups ½ packet 1 sachet 1 medium packet 1 tsp ¼ cup 1 small packet	

^{*}Pantry Items
Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1990kJ (475Cal)	387kJ (92Cal)
Protein (g)	12.5g	2.4g
Fat, total (g)	38.7g	7.5g
- saturated (g)	22.4g	4.4g
Carbohydrate (g)	49.7g	9.7g
- sugars (g)	12.7g	2.5g
Sodium (mg)	813mg	158mg
Dietary Fibre (g)	14g	2.7g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

- Preheat oven to 220°C/200°C fan-forced.
- Cut eggplant into 1cm chunks. Cut carrot into bite-sized chunks.
- Cut onion (see ingredients) into wedges. Finely chop garlic.



Roast the veggies

- Place eggplant, carrot and onion on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat.
- Spread out evenly, then roast until tender and brown around edges, 20-25 minutes.



Cook the garlic rice

- Meanwhile, heat a medium saucepan over medium heat with the butter and a dash of olive oil. Cook half the garlic until fragrant,
 1-2 minutes.
- Add jasmine rice, water (for the rice) and a generous pinch of salt, stir to combine, then bring to the boil.
- Reduce heat to low and cover with a lid. Cook for 12 minutes, then remove from heat and keep covered until rice is tender and water is absorbed, 10-15 minutes.

TIP: The rice will finish cooking in its own steam so don't peek!



Start the curry

- When the veggies have 5 minutes remaining, heat a large frying pan over medium-high heat with a drizzle of olive oil.
- Cook tomato paste (see ingredients), Mumbai spice blend and the remaining garlic until fragrant, 1 minute.



Finish the curry

- Reduce heat to medium, then add coconut milk, vegetable stock powder, the brown sugar and water (for the sauce) and simmer until slightly reduced, 2-3 minutes.
- Remove pan from heat, then stir through roasted veggies and baby leaves until wilted.
 Season with pepper.



Serve up

- Divide garlic rice between bowls.
- · Top with Mumbai eggplant curry.
- Garnish with **crushed peanuts** to serve. Enjoy!



CUSTOM OPTIONS

ADD GREEK-STYLE YOGHURT
Dollop on top before serving.



Before starting curry, cook, breaking up with a spoon, until browned, 4-5 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

