



Mumbai Eggplant Curry & Garlic Rice

with Veggies & Peanuts

NEW

Grab your meal kit
with this number

9



Eggplant



Carrot



Onion



Garlic



Jasmine Rice



Tomato Paste



Mumbai Spice Blend



Coconut Milk



Vegetable Stock Powder



Baby Leaves



Crushed Peanuts



Greek-Style Yoghurt



Beef Mince

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



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 · Medium saucepan with lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
eggplant	1	2
carrot	1	2
onion	½	1
garlic	3 cloves	6 cloves
butter*	20g	40g
jasmine rice	1 medium packet	1 large packet
water* (for the rice)	1¼ cups	2½ cups
tomato paste	½ packet	1 packet
Mumbai spice blend	1 sachet	2 sachets
coconut milk	1 medium packet	2 medium packets
vegetable stock powder	1 medium sachet	1 large sachet
brown sugar*	1 tsp	2 tsp
water* (for the sauce)	¼ cup	½ cup
baby leaves	1 small packet	1 medium packet
crushed peanuts	1 packet	2 packets

*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!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW38



CUSTOM OPTIONS

+ ADD GREEK-STYLE YOGHURT
Dollop on top before serving.

+ ADD BEEF MINCE
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.

