

# Jamaican Roasted Eggplant

with Spinach Rice & Coconut Sauce

Grab your Meal Kit with this symbol



Eggplant



Mild Caribbean Jerk Seasoning



Slivered Almonds



Garlic



Basmati Rice



Baby Spinach Leaves



Sweetcorn



Shredded Cabbage Mix



Coconut Milk





Chilli Flakes (Optional)



Coriander

 Hands-on: **25-35 mins**  
Ready in: **35-45 mins**

 Spicy (optional chilli flakes)

 Plant Based

When this dish was brought to our test kitchen table, it disappeared in record time! With a delicious combination of spinach rice, tender eggplant, toasted almonds and a punchy Caribbean coconut sauce, it's sure to be a hit at your table too.

### Pantry items

Olive Oil, Plant-Based Butter, White Wine Vinegar

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Oven tray lined with baking paper · Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
eggplant	1	2
mild Caribbean jerk seasoning	1 sachet	1 sachet
slivered almonds	1 packet	2 packets
garlic	3 cloves	6 cloves
plant-based butter*	20g	40g
basmati rice	1 packet	1 packet
water*	1½ cups	3 cups
baby spinach leaves	1 bag (30g)	1 bag (60g)
sweetcorn	½ tin	1 tin
shredded cabbage mix	1 bag (150g)	1 bag (300g)
white wine vinegar*	drizzle	drizzle
coconut milk	1 box (200ml)	1 tin (400ml)
chilli flakes (optional)	pinch	pinch
coriander	1 bag	1 bag

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3280kJ (784Cal)	712kJ (170Cal)
Protein (g)	17.4g	3.8g
Fat, total (g)	40g	8.7g
- saturated (g)	23.8g	5.2g
Carbohydrate (g)	75.6g	16.4g
- sugars (g)	12.6g	2.7g
Sodium (mg)	896mg	195mg

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



### Roast the eggplant

Preheat the oven to **220°C/200°C fan-forced**. Cut the **eggplant** into quarters lengthways, then place on a lined oven tray. Drizzle with **olive oil** (1/4 cup for 2 people / 1/2 for 4 people). Sprinkle over 1/2 the **mild Caribbean jerk seasoning**, season with **salt** and toss to coat. Spread out evenly, then roast until tender, **20-25 minutes**. In the last **3-5 minutes** of cook time, add the **slivered almonds** to one side of the oven tray and toast until golden.



### Toss the slaw

Add the **shredded cabbage mix** and a drizzle of **white wine vinegar** and **olive oil** to the **charred corn**. Season to taste and toss to combine. Set aside.



### Cook the spinach rice

While the eggplant is roasting, finely chop the **garlic**. In a medium saucepan, melt the **plant-based butter** with a dash of **olive oil** over a medium heat. Cook 1/2 the **garlic** until fragrant, **1-2 minutes**. Add the **basmati rice**, the **water** and a generous pinch of **salt**, stir, then bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**. When the rice is done, stir through the **baby spinach leaves** until wilted.

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



### Make the sauce

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the remaining **garlic** until fragrant, **1 minute**. Add the **coconut milk** and remaining **jerk seasoning** and simmer until thickened slightly, **2-3 minutes**. Season to taste.



### Char the corn

While the rice is cooking, drain the **sweetcorn** (see ingredients). Heat a large frying pan over a high heat. Cook the **sweetcorn** until lightly browned, **4-5 minutes**. Transfer to a large bowl.

**TIP:** Cover the pan with a lid if the corn kernels are "popping" out.



### Serve up

Divide the spinach rice and slaw between bowls. Top with the Jamaican roasted eggplant. Spoon the coconut sauce over the eggplant. Garnish with the toasted almonds and a pinch of **chilli flakes** (if using). Tear over the **coriander** to serve.

Enjoy!