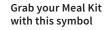


Jamaican Roasted Eggplant with Spinach Rice & Coconut Sauce









Jerk Seasoning





Slivered Almonds





Basmati Rice

Baby Spinach



Sweetcorn

Shredded Cabbage





Coconut Milk



Chilli Flakes (Optional)



Coriander







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 \cdot Medium saucepan with a lid \cdot 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 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.



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!



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.



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.



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.



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!