

Roasted Eggplant Bengal Curry

with Brown Rice & Crushed Peanuts

Grab your Meal Kit with this symbol



Eggplant



Brown Rice



Onion



Garlic



Carrot



Asian Greens



Brown Mustard Seeds



Bengal Curry Paste



Coconut Milk



Crushed Peanuts



Recipe Update

The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: **25-35** mins
Ready in: **30-40** mins

There's something decadent about the eggplant, especially when roasted so this Bengal curry will feel like a special treat. Add more veggies to the eggplant and cook them with punchy mustard seeds. The fluffy brown rice will melt in your mouth as you dig into this curry. We'll see you at the bottom of the bowl!

Pantry items

Olive Oil

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
eggplant	1	2
brown rice	1 packet	2 packets
water*	3 cups	6 cups
onion	1 (medium)	1 (large)
garlic	3 cloves	6 cloves
carrot	1	2
Asian greens	1 bunch	2 bunches
brown mustard seeds	1 sachet	1 sachet
Bengal curry paste	1 packet	2 packets
coconut milk	1 tin (400ml)	2 tins (800ml)
crushed peanuts	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3836kJ (916Cal)	585kJ (139Cal)
Protein (g)	18.9g	2.9g
Fat, total (g)	55g	8.4g
- saturated (g)	28.6g	4.4g
Carbohydrate (g)	75.8g	11.6g
- sugars (g)	16.3g	2.5g
Sodium (mg)	835mg	127mg

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://www.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 oven to **220°C/200°C fan-forced**.
- Cut **eggplant** into 1cm chunks.
- Place **eggplant** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until tender, **20-25 minutes**.



Cook the brown rice

- In a medium saucepan, bring **brown rice** and the **water** to the boil over high heat.
- Reduce heat to medium and simmer, uncovered, until rice is soft, **25-30 minutes**.
- Drain and return to saucepan.



Get prepped

- While the rice is cooking, finely chop **onion** and **garlic**. Thinly slice **carrot** into half-moons. Roughly chop **Asian greens**.



Start the curry

- When the eggplant has **10 minutes** remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **onion, carrot** and **brown mustard seeds**, stirring, until softened, **3-4 minutes**.
- Add **garlic** and **Bengal curry paste** and cook until fragrant, **1-2 minutes**.



Add the veggies

- Add **coconut milk** to the frying pan and stir to combine. Simmer until thickened slightly, **3-4 minutes**.
- Stir through the **roasted eggplant** and **Asian greens** until just wilted, **1 minute**. Season generously to taste.



Serve up

- Divide brown rice between bowls and top with roasted eggplant Bengal curry.
- Garnish with **crushed peanuts** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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