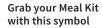
Roasted Eggplant Bengal Curry with Basmati Rice & Crushed Peanuts













Onion







Carrot



Brown Mustard



Asian Greens

Bengal Curry

Seeds



Coconut Milk

Crushed Peanuts

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 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 \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
water*	1½ cups	3 cups
basmati rice	1 packet	1 packet
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)	3994kJ (954Cal)	600kJ (143Cal)
Protein (g)	18.9g	2.8g
Fat, total (g)	52.9g	7.9g
- saturated (g)	28.3g	4.2g
Carbohydrate (g)	90.7g	13.6g
- sugars (g)	15.6g	2.3g
Sodium (mg)	838mg	126mg

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 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 rice

- Meanwhile, in a medium saucepan, add the water and bring to the boil.
- Add basmati rice, stir, cover with a lid and reduce heat to low.
- Cook for 10 minutes, then remove pan from heat and keep covered until rice is tender and the water is absorbed, 10 minutes.

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



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 basmati rice between bowls and top with roasted eggplant Bengal curry.
- Garnish with **crushed peanuts**. Enjoy!

