



# Roasted Eggplant Bengal Curry

with Basmati Rice & Crushed Peanuts

Grab your Meal Kit with this symbol



Eggplant



Basmati 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 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 with a lid · Large frying pan

## Ingredients

|                     | 2 People        | 4 People        |
|---------------------|-----------------|-----------------|
| <b>olive oil*</b>   | refer to method | refer to method |
| eggplant            | 1               | 2               |
| <b>water*</b>       | 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](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 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!

## We're here to help!

Scan here if you have any questions or concerns



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