



Sri Lankan Roast Eggplant Curry

with Garlic-Peanut Rice & Crispy Shallots

Grab your Meal Kit with this symbol



Eggplant



Carrot



Garlic



Basmati Rice



Crushed Peanuts



Baby Broccoli



Brown Mustard Seeds



Sri Lankan Spice Blend



Vegetable Stock Powder



Coconut Milk



Salad Leaves



Fresh Chilli (Optional)



Crispy Shallots



Herbs

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: 20-30 mins
 Ready in: 30-40 mins

Spicy (optional fresh chilli)

Plant Based

This vibrant eggplant curry has flavour bursting in every bite! The garlic and peanut rice is packed with nuttiness, balanced against the roast veggies and Sri Lankan-style spices, we reckon it's a sure winner at the dinner table.

Pantry items

Olive Oil, Plant-Based Butter

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
carrot	1	2
garlic	3 cloves	6 cloves
plant-based butter*	20g	40g
basmati rice	1 packet	1 packet
water*	1½ cups	3 cups
crushed peanuts	1 packet	2 packets
baby broccoli	1 bag	1 bag
brown mustard seeds	1 sachet	1 sachet
Sri Lankan spice blend	1 sachet	1 sachet
vegetable stock powder	1 medium sachet	1 large sachet
coconut milk	1 tin (400ml)	2 tins (800ml)
salad leaves	1 small bag	1 medium bag
fresh chilli (optional)	½	1
crispy shallots	1 medium packet	1 large packet
herbs	1 bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4082kJ (976Cal)	683kJ (163Cal)
Protein (g)	19.4g	3.2g
Fat, total (g)	58.6g	9.8g
- saturated (g)	33.1g	5.5g
Carbohydrate (g)	82.3g	13.8g
- sugars (g)	9.8g	1.6g
Sodium (mg)	843mg	141mg

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 veggies

Preheat oven to **220°C/200°C fan-forced**. Cut **eggplant** and **carrot** into bite-sized chunks. Place **veggies** on a lined oven tray. Drizzle generously with **olive oil**, season with **salt** and toss to coat. Spread out evenly, then roast until tender, **25-30 minutes**.

TIP: If your oven tray is crowded, divide the veggies between two trays.



Make the curry

Add **brown mustard seeds** and remaining **garlic** to the **baby broccoli** and cook until fragrant, **1 minute**. Stir in **Sri Lankan spice blend**, **vegetable stock powder** and **coconut milk**. Simmer until thickened, **2-3 minutes**.



Cook the garlic & peanut rice

While the veggies are roasting, finely chop **garlic**. In a medium saucepan, melt the **plant-based butter** with a dash of **olive oil** over medium heat. Add 1/2 the **garlic** and cook until fragrant, **1-2 minutes**. Add **basmati rice**, the **water** and a generous pinch of **salt**. Stir, then bring to the boil. Reduce heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat. Keep covered until rice is tender and water is absorbed, **10 minutes**. Stir through **crushed peanuts**. Cover to keep warm.

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



Finish the curry

Remove the pan from heat, then gently stir through **roasted veggies** and **salad leaves** until wilted, **1 minute**. Season to taste with **salt** and **pepper**.



Cook the baby broccoli

Trim **baby broccoli** and cut into thirds. When the veggies have **10 minutes** roast time remaining, heat a large frying pan with a drizzle of **olive oil** over medium-high heat. Cook **baby broccoli**, tossing, until tender, **3-4 minutes**.



Serve up

Thinly slice **fresh chilli** (if using). Divide garlic-peanut rice between bowls. Top with Sri Lankan roast eggplant curry. Sprinkle with chilli and **crispy shallots**. Tear over **herbs** to serve.

Enjoy!