



Aubergine Saag

with lime rice and sliced chilli

Veggie Calorie Smart 20-25 mins

10



Baby Spinach



Rice



Aubergine



Mushrooms



North Indian Style Spice Mix



Coconut Milk



Lime



Chilli



Onion



Vegetable Stock



Rogan Josh Curry Paste

Pantry Items: Oil, Salt, Pepper, Water

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Baking sheet with baking paper, blender, pot with lid

Ingredients

	2P	4P
Baby Spinach	120 g	240 g
Rice	150 g	300 g
Aubergine	1 unit	2 units
Mushrooms	125 g	250 g
North Indian Style Spice Mix	2 sachets	4 sachets
Coconut Milk	1 pack	2 packs
Lime	1 unit	2 units
Chilli	1 unit	2 units
Onion	1 unit	2 units
Vegetable Stock	1 sachet	2 sachets
Rogan Josh Curry Paste	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	526.5 g	100 g
Energy (kJ/kcal)	2301.2 kJ/ 550 kcal	437.1 kJ/ 104.5 kcal
Fat (g)	19.2 g	3.6 g
Sat. Fat (g)	14.8 g	2.8 g
Carbohydrate (g)	85.5 g	16.2 g
Sugars (g)	10.6 g	2 g
Protein (g)	13.2 g	2.5 g
Salt (g)	2.3 g	0.4 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

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Roast the Aubergine

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Trim the **aubergine** then chop into 1cm cubes.
- Pop the **aubergine** onto a lined baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer.
- When the oven is hot, roast on the top shelf until the **aubergine** is soft and golden, 20-25 mins. Turn halfway through.



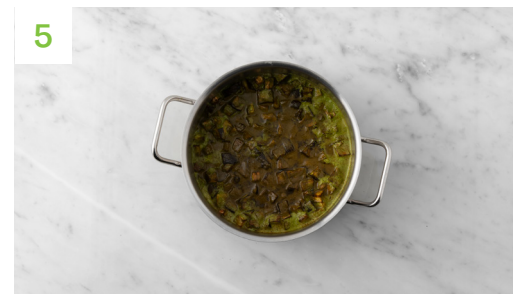
Start the Sauce

- Place a large pot over high heat with a drizzle of **oil**.
- Add the **onion** and **mushroom** to the pot and fry until softened, stirring occasionally, 5-8 mins.
- Season well with **salt** and **pepper**.
- Lower the heat to medium-high then add the **Rogan Josh curry paste** and **North Indian spice mix** and fry for 1-2 mins.



Cook the Rice

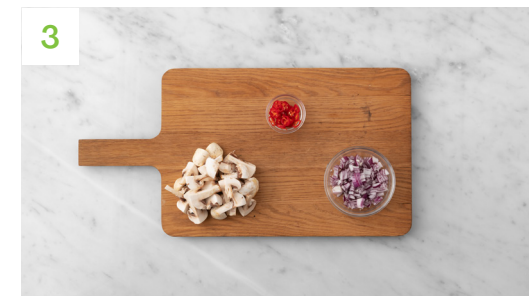
- Pour 300ml cold **salted water** (double for 4p) into a medium pot with a tight-fitting lid.
- Stir in the **rice** and bring to the boil.
- Once boiling, lower the heat to medium and cover with the lid. Cook for 10 mins then remove from the heat.
- Keep covered for another 10 mins or until ready to serve (the rice will continue to cook in its own steam).
- Zest then chop the **lime** into 4 wedges. Add the **lime** zest to the **rice** when cooked.



Simmer the Saag

- Meanwhile, blend the **spinach**, **stock powder** and **coconut milk** to make a puree.
- Add the **spinach** puree to the pot and mix well to coat the veg.
- Cover and simmer for 8-10 mins. Loosen with a splash of **water** if necessary.
- Add the cooked **aubergine**.
- Season with **salt**, **pepper** and **lime** juice—all to taste!

TIP: If you don't have a blender, finely chop the spinach and mix with the coconut milk and stock powder instead.



Prep the Veg

- Halve, peel and chop the **onion** into small pieces.
- Quarter the **mushrooms**. Chop any larger pieces so all are evenly sized.
- Thinly slice the **chilli** at an angle widthways.



Finish and Serve

- Divide the curry and **lime rice** between plates or bowls.
- Top with the sliced **chilli** (use less if you don't like spice).
- Serve any remaining **lime** wedges alongside.

Enjoy!