

# Aubergine Saag

with zesty rice and fresh chilli

Veggie Calorie Smart 20 – 25 mins • Equipment needed • Spicy

14



Baby Spinach



Rice



Aubergine



Mushrooms



North Indian Style Spice Mix



Coconut Milk



Chilli



Onion



Rogan Josh Curry Paste



Vegetable Stock



Lemon

Pantry Items: Oil, Salt, Pepper, Water



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## 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, zester

## Ingredients

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	569 g	100 g
Energy (kJ/kcal)	2406 kJ/ 575 kcal	423 kJ/ 101 kcal
Fat (g)	20.1 g	3.5 g
Sat. Fat (g)	14.9 g	2.6 g
Carbohydrate (g)	88 g	15.5 g
Sugars (g)	13 g	2.3 g
Protein (g)	15 g	2.6 g
Salt (g)	2.5 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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Any questions? Contact our customer care team at [hellofresh.ie/about/faq](https://www.hellofresh.ie/about/faq)

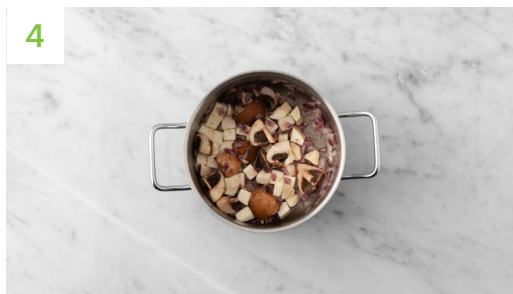


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## Roast the Aubergine

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- 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.



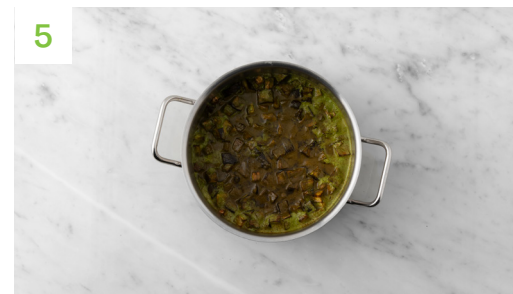
## Start the Sauce

- Place a large pot over high heat with a drizzle of **oil**.
- Once hot, fry the **onion** and **mushrooms** until softened, stirring occasionally, 5-8 mins.
- Season well with **salt** and **pepper**.
- Lower the heat to medium-high then add the **North Indian spice mix**.
- Fry until fragrant, 1-2 mins.



## Cook the Rice

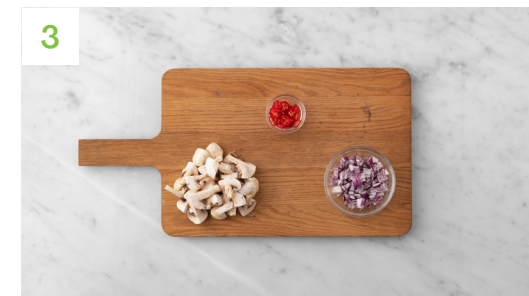
- Pour 300ml cold **salted water** (double for 4p) into a medium pot with a tight-fitting lid.
- Stir in the **rice** and bring to the boil.
- Once boiling, lower the heat to medium and cover with the lid. Cook for 10 mins then remove from the heat.
- Keep covered for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).
- While the **rice** cooks, zest then quarter the **lemon**. When the **rice** is ready, stir through the **lemon** zest.



## Simmer the Saag

- Meanwhile, blend the **spinach**, **stock** 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 needed.
- Stir in the **aubergine** and **rogan josh paste**.
- Season with **salt**, **pepper** and **lemon** juice—all to taste!

**TIP:** No blender? No problem! Finely chop the spinach and stir it into the pot along with coconut milk and stock powder before simmering.



## Prep the Veg

- Meanwhile, halve, peel and chop the **onion** into small pieces.
- Roughly chop the **mushrooms**.
- Thinly slice the **chilli** at an angle widthways.



## Finish and Serve

- Fluff up the **lemon rice** with a fork and divide between bowls.
- Top with the fragrant **aubergine saag**.
- Finish with a sprinkling of sliced **chilli** (use less if you don't like spice).
- Serve any remaining **lemon** wedges alongside.

Enjoy!