



# Aubergine Saag

with coriander rice and sliced chilli

Veggie Calorie Smart 20-25 mins

14



Baby Spinach



Rice



Aubergine



Mushrooms



North Indian Style Spice Mix



Coconut Milk



Coriander



Onion



Lime



Chilli

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

Lid, pan with lid, pot, blender

## 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
Coriander	10 g	20 g
Onion	1 unit	2 units
Lime	1 unit	2 units
Chilli	1 unit	2 units

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	504.5 g	100 g
Energy (kJ/kcal)	2209.2 kJ/ 528 kcal	437.9 kJ/ 104.7 kcal
Fat (g)	18.2 g	3.6 g
Sat. Fat (g)	14.6 g	2.9 g
Carbohydrate (g)	83 g	16.5 g
Sugars (g)	10 g	2 g
Protein (g)	13 g	2.6 g
Salt (g)	0.1 g	0 g

Nutrition for uncooked ingredients based on 2 person recipe.

## 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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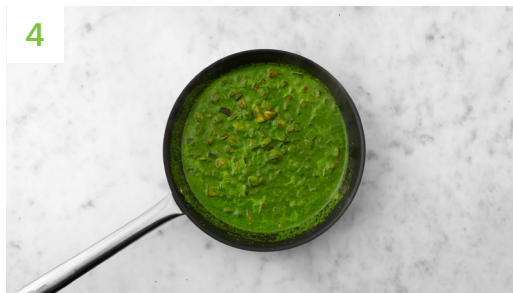


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### Make the Rice

- 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 and leave aside for another 10 mins or until ready to serve (keep covered so the rice can continue to cook in its own steam).



### Simmer the Saag

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

**TIP:** If you don't have a blender, finely chop the spinach 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.
- Trim the **aubergine** then chop into roughly 1cm pieces.
- Thinly slice the **chilli** at an angle widthways.
- Chop the **lime** into 4 wedges.



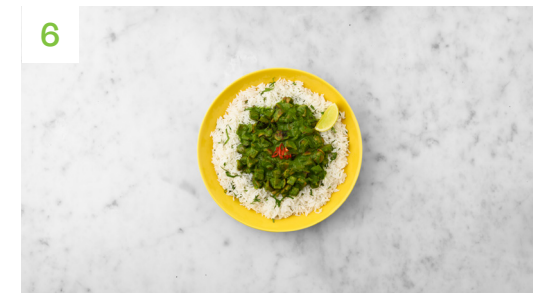
### Season the Rice

- Roughly chop the **coriander** (stalks and all).
- Stir the **coriander** through the cooked **rice**.



### Start the Sauce

- Place a large pan over high heat with a drizzle of **oil**.
- Add the **onion, mushroom** and **aubergine** to the pan and fry 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** and fry for 1-2 mins.



### Finish and Serve

- Divide the curry and **coriander 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!