



# Korma Style Mushroom Curry

with roast aubergine and fluffy rice

Veggie 35-40 mins

7



Mushrooms



Coriander



Garlic



Lime



Aubergine



Rice



Cashew Nuts



Korma Curry Paste



Coconut Milk



Vegetable Stock



Peanut Butter

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, grater, lid, pot, zester

## Ingredients

	2P	4P
Mushrooms	150 g	250 g
Coriander	5 g	10 g
Garlic	1 unit	2 units
Lime	½ unit	1 unit
Aubergine	1 unit	2 units
Rice	150 g	300 g
Cashew Nuts	20 g	40 g
Korma Curry Paste	1 sachet	2 sachets
Coconut Milk	1 pack	2 packs
Vegetable Stock	1 sachet	2 sachets
Peanut Butter	1 sachet	2 sachets

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>426 g</b>	<b>100 g</b>
Energy (kJ/kcal)	2815.8 kJ/ 673 kcal	661 kJ/ 158 kcal
Fat (g)	32.2 g	7.6 g
Sat. Fat (g)	17 g	4 g
Carbohydrate (g)	80.3 g	18.8 g
Sugars (g)	10.7 g	2.5 g
Protein (g)	17.6 g	4.1 g
Salt (g)	2.2 g	0.5 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.

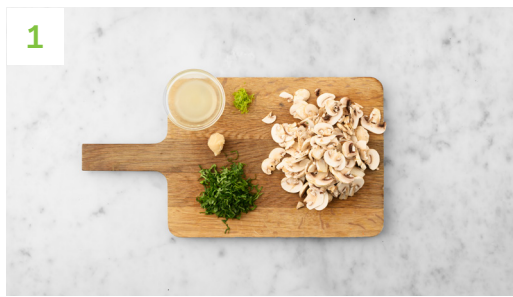
Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

## Contact

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## Get Prepped

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Thinly slice the **mushrooms**.
- Roughly chop the **coriander** (stalks and all).
- Peel and grate the **garlic** (or use a garlic press).
- Zest then juice **half** the **lime** (double for 4p).



## Toast the Cashews

- While the **rice** cooks, place another medium pot over medium heat (without oil).
- Once hot, add the **cashews** and dry-fry until lightly toasted, stirring regularly, 1-2 mins.
- Once toasted, transfer to a bowl and set aside.
- Return the pot to medium heat with a drizzle of **oil**.

**TIP:** Watch them like a hawk as they can burn easily.



## Roast the Aubergine

- Trim the **aubergine** then halve lengthways.
- Chop each **half** into four strips then chop widthways into roughly 3cm pieces.
- Pop the **aubergine** onto a lined baking tray. Drizzle with **oil** and season with **salt** and **pepper**.
- Toss to coat, then spread out and roast on the top shelf of the oven until golden and tender, 20-25 mins.

**TIP:** Use two baking trays if necessary!



## Cook the Curry

- Add the **mushrooms** to the pot, season with **salt** and **pepper** and fry until golden brown, 3-4 mins.
- Stir in the **garlic** and **korma paste** and cook for 1 min.
- Add the **coconut milk, vegetable stock powder, peanut butter** and 150ml **water** (double for 4p). Stir to combine and bring to the boil.
- Once boiling, lower heat to medium-low and simmer until sauce has reduced by **half**, 6-8 mins.
- When the **aubergine** is cooked, stir it into the curry. Remove from heat.



## Make the Rice

- Meanwhile, 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.
- Leave to cook for 10 mins, then remove from the heat and leave aside until ready to serve (keep covered so the rice can continue to cook in its own steam).



## Dish Up

- Stir in the **lime** juice and **half** the **coriander** then season to taste with **salt** and **pepper**.
- Fluff up the **rice** with the fork, stir through the **lime** zest and divide between bowls.
- Top with the creamy **mushroom** curry.
- Finish with a sprinkling of **cashews** and the remaining **coriander**.

## Enjoy!