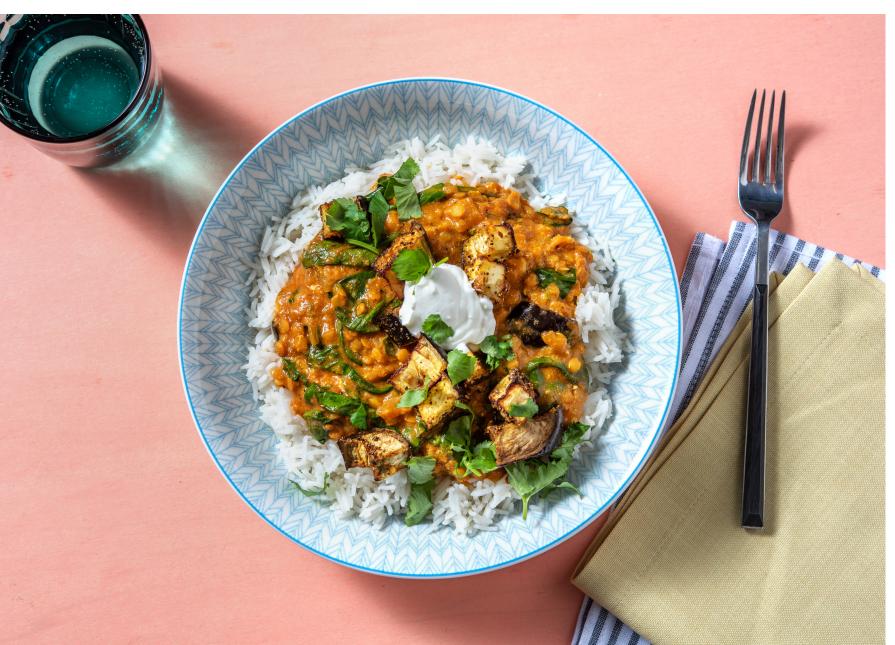


Roasted Aubergine Dahl

with wilted spinach and basmati rice

Veggie 35-40 mins









Lantils







Onion

Korma Curry Paste





Passata

Vegetable Stock





Basmati Rice

Coriander





Baby Spinach

Yoghurt



North Indian Style Spice Mix

Before you start

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

Cooking tools you will need

Baking Sheet with Baking Paper, Large Pot, Lid, Sieve

Ingredients

	2P	4P
Lentils	1 pack	2 packs
Aubergine	1 unit	2 units
Onion	1 unit	2 units
Korma Curry Paste	1 sachet	2 sachets
Passata	1 pack	2 packs
Vegetable Stock	1 sachet	2 sachets
Basmati Rice	150 g	300 g
Coriander	10 g	20 g
Baby Spinach	120 g	240 g
Yoghurt	75 g	150 g
North Indian Style Spice Mix	1 sachet	2 sachets

Nutrition

Per serving	Per 100g
674 g	100 g
2614.6 kJ/ 624.9 kcal	387.9 kJ/ 92.7 kcal
6.6 g	1 g
2.1 g	0.3 g
107.4 g	15.9 g
31.9 g	4.7 g
14.6 g	2.2 g
4.8 g	0.7 g
	674 g 2614.6 kJ/ 624.9 kcal 6.6 g 2.1 g 107.4 g 31.9 g 14.6 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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Roast the Aubergine

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Trim and chop the aubergine into 2cm pieces. Pop the pieces onto a large (lined) baking tray.
- Drizzle with oil, season with salt and pepper and sprinkle over the North Indian style spice mix. Toss to coat, then arrange in a single layer.
- Roast the aubergine until golden brown and soft, 25-30 mins. Turn halfway through.



Cook the Rice

- Boil a large pot of salted water for the rice.
- Once boiling, add the **rice** and cook for 10-12 mins.
- Drain in a sieve and pop back in the pot.
- Cover with a lid and leave to the side until ready to serve.

TIP: If you're in a hurry you can boil the water in your kettle.



Fry the Onion

- Meanwhile, halve, peel and chop the onion into small pieces.
- Heat a drizzle of oil in a large pot over medium-high heat.
- Once hot, add the **onion** and cook, stirring, until softened and turning brown, 5-6 mins.
- Drain and rinse the **lentils** in a sieve.



Start the Sauce

- Add the korma curry paste to the pot and cook, stirring, for 1 min.
- Add 350ml water, ½ tsp sugar (double both for 4p), vegetable stock, lentils and passata.
- Bring to the boil. Once boiling, lower to medium heat and cook until the sauce has reduced, 10-15 mins.
- Stir regularly to make sure it doesn't stick to the bottom. Add a splash of water if it's starting to get too thick.
- · Season to taste with salt, pepper and sugar.



Finish the Dahl

- Once the sauce has reduced, add the spinach a handful at a time, stirring until wilted and piping hot, 2-3 mins.
- Roughly chop the coriander (stalks and all).
- Stir through half the roasted **aubergine**, half the **yoghurt** and half the **coriander**.
- Taste and season with salt and pepper.



Dish Up

- Once everything is ready, divide the rice between bowls.
- Top with the dahl, add the remaining roasted **aubergine** and remaining **yoghurt**.
- · Scatter over the remaining coriander.

Enjoy!