



Roasted Aubergine Dahl

with wilted spinach and basmati rice

Veggie 35-40 mins

7



Aubergine



Passata



Lentils



Basmati Rice



Korma Curry Paste



Yoghurt



Coriander



Baby Spinach



North Indian
Style Spice Mix



Vegetable Stock



Onion

Pantry Items: Salt, Sugar, Pepper, Oil, Water

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

Nutrition

	Per serving	Per 100g
for uncooked ingredients	674 g	100 g
Energy (kJ/kcal)	2614.6 kJ/ 624.9 kcal	387.9 kJ/ 92.7 kcal
Fat (g)	6.6 g	1 g
Sat. Fat (g)	2.1 g	0.3 g
Carbohydrate (g)	107.4 g	15.9 g
Sugars (g)	31.9 g	4.7 g
Protein (g)	14.6 g	2.2 g
Salt (g)	4.8 g	0.7 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 **aubergine** 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 or colander.



Start the Sauce

- Add the **korma curry paste** 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 of the pan. 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 plates.
- Top with the dahl, add the remaining roasted **aubergine** and remaining **yoghurt**.
- Scatter over the remaining **coriander**.

Enjoy!