



Roasted Aubergine Dahl

with wilted spinach and rice

Veggie Calorie Smart 35-40 mins

14



Lentils



Aubergine



Onion



Korma Curry Paste



Passata



Vegetable Stock



Rice



Coriander



Baby Spinach



Yoghurt



North Indian Style Spice Mix

Pantry Items: Salt, Sugar, Pepper, Oil, 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, pot with 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
Rice	150 g	300 g
Coriander	5 g	10 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
for uncooked ingredients	671.5 g	100 g
Energy (kJ/kcal)	2589.9 kJ/ 619 kcal	385.7 kJ/ 92.2 kcal
Fat (g)	6.7 g	1 g
Sat. Fat (g)	2.1 g	0.3 g
Carbohydrate (g)	106.8 g	15.9 g
Sugars (g)	32.2 g	4.8 g
Protein (g)	29.2 g	4.3 g
Salt (g)	5 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 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, 20-25 mins. Turn halfway through.



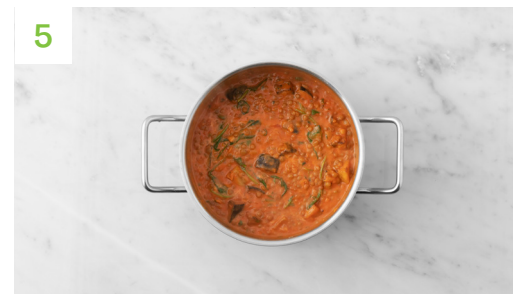
Start the Sauce

- 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 powder**, **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 prevent sticking. Add a splash of **water** if it's starting to get too thick.
- Season to taste with **salt**, **pepper** and **sugar**.



Cook the Rice

- While the **aubergine** cooks, 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, cover and cook for 10 mins.
- Remove from the heat (still covered) and leave aside for 10 mins or until ready to serve (the rice will continue to cook in its own steam).



Stir in the Spinach

- Once the sauce has reduced, add the **spinach** a handful at a time, stirring until wilted, 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**.



Fry the Onion

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



Finish and Serve

- Once everything is ready, fluff up the **rice** with a fork and divide between bowls.
- Top with the **lentils**, remaining roasted **aubergine** and remaining **yoghurt**.
- Finish with a scattering of remaining **coriander**.

Enjoy!