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Eggplant Curry

with Coconut Rice



30-40min



4 Portions

Borrowing inspiration from the Indian subcontinent, this aromatic vegetable curry is a feast for the senses. Fresh and dried turmeric, garam masala, garlic and ginger form the fragrant spice base that's cooked with eggplant and chickpeas until wonderfully soft and golden. Basmati rice tossed with toasted coconut and cashew add crunch, texture and the perfect finishing touch.

What we send

- shredded coconut ¹⁷
- baby spinach leaves
- eggplant, garlic, ginger
- onion
- spice, turmeric
- garam masala ¹⁷
- tomato paste
- chickpeas
- basmati rice
- cashew nuts ¹⁵

What you'll require

- sea salt and pepper
- vegetable oil
- water

Utensils

- sieve
- Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Tree Nuts (15), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 830.0kcal, Fat 36.0g, Proteins 25.6g, Carbs 93.1g



1. Toast coconut

Bring **1.5L (6 cups) water** to the boil in a medium saucepan for the rice. Put the **coconut** in a cold large deep frypan or saucepan over medium heat. Toast, tossing, for 3 mins or until golden. Remove from the pan.



2. Prepare vegetables

Cut the **eggplants** into 2-3cm chunks. Heat **60ml (¼ cup) vegetable oil** in the same frypan over medium-high heat. Add the eggplant, season with **salt and pepper** and cook, stirring, for 5 mins or until golden. Remove from the pan. Meanwhile, slice the **onion** into thin wedges. Peel and finely grate the **ginger** and **garlic**. Drain and rinse the **chickpeas**.



3. Cook aromatics

Heat **1 tbs vegetable oil** in the same pan over medium heat. Add the **onion** and cook, stirring, for 5 mins or until soft. Add **1½ tsp turmeric, 2 tsp garam masala** (reserve remaining spices for another use), the **ginger** and **garlic** and stir-fry for 2 mins or until fragrant.



4. Add chickpeas

Add the **chickpeas, tomato paste** and **250ml (1 cup) water** and stir to combine. Reduce the heat to medium-low, cover and cook for 5 mins. Add the **eggplant** and cook, covered, for 10 mins or until the eggplant is tender.



5. Cook rice

Meanwhile, cook the **rice** in the pan of boiling water for 12 mins or until tender. Drain, then stir through the **toasted coconut** and season with **salt and pepper**. Cover to keep warm and set aside.



6. Get ready to serve

Stir the **spinach** into the **chickpea mixture**, cover and cook for 2 mins until the spinach has wilted. Coarsely chop the **cashews**. Divide the **rice** and **curry** among bowls and scatter over the cashews to serve.