



Indian Curried Eggplant

with Peas and Rice



20-30min



2 Servings

Recreating an Indian curry at home can be a daunting task but have no fear, we pulled it off in just 30 minutes! Eggplant develops a subtle charred flavor from a trip to the broiler then gets simmered in a flavorful, spiced-up tomato sauce. Peas and cilantro add a nice green touch and we serve it over fragrant basmati rice. One bite and you'll be transported to India—no passport required. Cook,...

What we send

- eggplant
- fresh ginger
- basmati rice
- Spice, Garam Masala
- kashmiri chili powder
- garlic clove
- fresh cilantro
- peas
- turmeric
- chopped tomatoes

What you need

- coarse salt
- freshly ground pepper

Tools

- large skillet
- rimmed baking sheet
- small saucepan

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 599.0kcal, Fat 14.8g, Proteins 14.0g, Carbs 103.6g



1. Broil eggplant

Preheat broiler with rack in the top position. Trim stem from **eggplant** and halve lengthwise. Place eggplant, flesh-side down, on a foil-lined baking sheet. Broil until the skin is charred and flesh is softened, about 10 minutes (watch closely as broilers vary widely). Transfer eggplant to a large bowl and cover with plastic to soften skin, about 5 minutes.



4. Saute aromatics

In a large skillet, heat 2 tablespoons **oil** along with **garlic, ginger, garam masala, turmeric, and half or all kashmiri chili powder** (depending on heat preference) over medium-high until fragrant, about 1 minute.



2. Cook rice

Meanwhile, in a small saucepan, combine **rice** with 1½ cups **water** and ½ teaspoon **salt**, and bring to a boil. Reduce to a simmer. Cover and cook until rice is tender and water is absorbed, about 17 minutes.



5. Build curry

Add **chopped tomatoes** and ½ teaspoon **salt** to skillet and cook until slightly thickened, 4-5 minutes.



3. Prep ingredients

Peel **ginger**. Grate **garlic** and **half of the ginger** (reserve rest for your own use). Roughly chop **cilantro** (including stems). Peel and discard **charred skin** from **eggplant** and roughly chop **flesh**.



6. Finish curry

Stir in **eggplant**, 1 cup **water** and ½ teaspoon **salt**, and cook until reduced, about 5 minutes. Stir in **peas** and cook until warmed through, about 2 minutes. Take skillet off heat and stir in **½ of the cilantro**. Season to taste with **salt** and **pepper**. Fluff **rice** with fork and divide between 2 bowls. Top with **curry** and garnish with **remaining cilantro**. Enjoy!