

DINNERLY



 HEALTHY

Eggplant and Potato Curry with Mixed Wholegrains

 20-30 minutes  2 Servings

Curry in a hurry? Lots of veggies? Not too spicy? This twist on the popular Indian spinach and potato 'saag aloo' ticks all those boxes – plus it's good for you too.

WHAT WE SEND

- 17
- 7
- 1

WHAT YOU NEED

- tomato paste
- tomato sauce
- vegetable oil

TOOLS

- medium deep frypan or saucepan with lid
- sieve
- small saucepan

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

ALLERGENS

Gluten (1), Milk (7), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 570kcal, Fat 19.1g, Carbs 75.5g, Proteins 17.3g



1. Boil potato

Bring a small saucepan of water to the boil for the grain blend. Peel the **potato**, then cut into 3cm chunks. Put the potato in a separate small saucepan, cover with cold salted water and bring to the boil. Reduce the heat to medium and cook for 12-14 mins until tender. Drain.



2. Cook grain blend

Meanwhile, cook the **grain blend** in the pan of boiling water for 20-22 mins until tender. Drain.



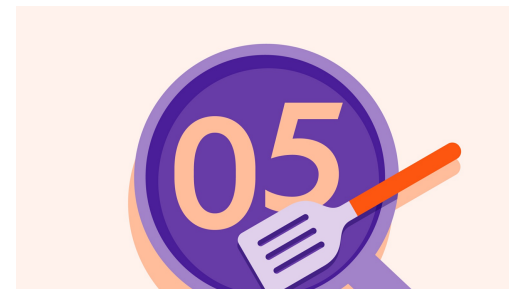
3. Prep veggies

Cut the **eggplant** into 2cm chunks. Coarsely chop the **spinach**. Finely chop or crush 2 **garlic cloves**.



4. Cook eggplant

Heat 1½ **tbs vegetable oil** in a medium deep frypan over medium heat. Cook the **mustard seeds** for 30 secs or until they start to pop. Add the **eggplant** and cook, covered, stirring occasionally, for 6-8 mins until the eggplant is soft. Add the **garlic** and 1 **tbs masala seasoning** and cook for 30 secs or until fragrant.






5. Serve up

Add the **potato**, **spinach**, 1 **tbs tomato paste**, 1 **tbs tomato sauce** and 125ml (½ cup) **water**. Cook, covered, for 3-4 mins until the spinach is wilted. Remove the pan from the heat. Taste, then season with **salt and pepper**. Divide the **grain blend** and **curry** among bowls. Drizzle with the **yoghurt** and enjoy.



6. Make it yours

Sweeten the deal with a dollop of mango chutney, then add some crunch with a scattering of toasted coconut.

Questions about the recipe? Customer Service: 02 9056 7570 Email: hi@dinnerly.com.au
View the recipe online by visiting your account at dinnerly.com.au    #dinnerly

 Packed in Australia
from at least 90%
Australian ingredients