Product Spotlight: Natural Yoghurt

Yoghurt is made with probiotic bacterial cultures and is good for digestive health. Greek-style yoghurt is thicker and contains more protein than other varieties.

H2

Eggplant Korma Curry
with Coconut and Seed Topping

A mild and fragrant curry loaded with veggies and served on a bed of brown basmati rice, finished with natural yoghurt, coriander and a toasted coconut and seed topping.

Spice it up!

Swap the water for coconut milk at step 4, or stir in some almond meal to make the curry creamier. Finish the dish with a squeeze of lemon or lime and some dried chilli flakes.

🕑 25 minutes   🍴 2 servings   🥗 Vegetarian

20 May 2022

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	19g	28g	52g

1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to a boil and simmer for 15-20 minutes. Drain and rinse.

2. TOAST THE SEED MIX

Heat a large frypan over medium-high heat (see notes). Add coconut and seed mix to pan and toast for 3-4 minutes until golden. Remove from pan and set aside.

3. SAUTÉ THE VEGETABLES

Add **oil** to pan (see notes). Dice carrot and eggplant, and cut broccolini into thirds. Add to pan as you go and sauté for 2 minutes.

4. SIMMER THE CURRY

Pour curry paste into pan along with **1 jar water.** Simmer, covered, for 10 minutes. Season with **1 1/2 tsp vinegar, salt and pepper.**

5. FINISH AND SERVE

Divide rice among shallow bowls. Ladle over curry. Dollop on yoghurt and garnish with coriander leaves and toasted coconut and seed mix.