

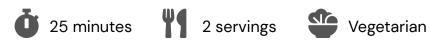
#### Product Spotlight: Natural Yoghurt

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.

Change

# 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.

#### FROM YOUR BOX

BROWN BASMATI RICE	1 packet (150g)
	1 packet (40g)
COCONUT+SEED MIX	Tpacket (40g)
CARROT	1
EGGPLANT	1
BROCCOLINI	1 bunch
KORMA CURRY PASTE	1 jar
CORIANDER	1 packet (20g)



oil for cooking, salt, pepper, red wine vinegar

#### **KEY UTENSILS**

large frypan, saucepan

#### NOTES

Do not add oil to the frypan to toast the coconut and seed mix.

We recommend using coconut oil if you have any on hand.

**Protein upsize is 1 packet Paneer cheese.** Dice paneer cheese and cook in a pan with oil for 3–5 minutes or until browned. Top curry with paneer cheese.



## **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.

