



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.



H4 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.

 25 minutes

 4 servings

 Vegetarian

20 May 2022

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.

Per serve: **PROTEIN** 14g **TOTAL FAT** 15g **CARBOHYDRATES** 45g

FROM YOUR BOX

BROWN BASMATI RICE	1 packet (300g)
COCONUT+SEED MIX	1 packet (40g)
CARROTS	2
EGGPLANT	1
BROCCOLI	1
KORMA CURRY PASTE	1 jar
CORIANDER	1 packet (20g)
NATURAL YOGHURT	1 tub

FROM YOUR PANTRY

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 carrots and eggplant, and cut broccoli into florets. Add to pan as you go and sauté for 2 minutes.



4. SIMMER THE CURRY

Pour curry paste into pan along with **1 1/2 jars water**. Simmer, covered, for 10 minutes. Season with **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.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to hello@dinnertwist.com.au

