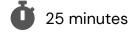




## **Eggplant Korma Curry**

## 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.





4 servings



# 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.

TOTAL FAT CARBOHYDRATES

#### 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.



