



Product Spotlight: Chickpeas

As a legume, chickpeas are a vegetable and protein food, helping you hit two important food groups together!



Roast Eggplant Jalfrezi

A flavourful tomato-rich curry simmered with chickpeas, topped with oven-roasted eggplant pieces and served with yellow turmeric rice.



35 minutes



2 servings



Plant-Based

8 September 2023

Slow cook it!

Add all the vegetables and chickpeas to the slow cooker along with the Jalfrezi spice mix and tomato paste. Cook on low for 4-6 hours for a delicious chickpea curry!

| Per serve: | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|------------|---------|-----------|---------------|
| | 18g | 31g | 85g |

FROM YOUR BOX

| | |
|--------------------|----------|
| BASMATI RICE | 150g |
| GRAFFITI EGGPLANT | 2 |
| JALFREZI SPICE MIX | 1 packet |
| RED ONION | 1 |
| GINGER | 1 piece |
| TOMATO PASTE | 1 sachet |
| TOMATO | 1 |
| GREEN CAPSICUM | 1 |
| YELLOW CAPSICUM | 1 |
| TINNED CHICKPEAS | 400g |
| GREEN CHILLI | 1 |

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground turmeric

KEY UTENSILS

large frypan, saucepan, stick mixer or blender, oven tray

NOTES

Jalfrezi spice mix: ground cumin, ground coriander, ground turmeric, ground fenugreek, ground cinnamon, ground cardamom.



1. COOK THE YELLOW RICE

Set oven to 220°C.

Add rice and **1/2 tsp turmeric** to saucepan along with **300ml water** and a pinch of **salt**. Cover with a lid, cook on low heat for 10–15 minutes. Remove from heat, stand for 5 minutes.



2. ROAST THE EGGPLANT

Cut eggplant into angular pieces (3–4cm). Toss on a lined oven tray with 1 tsp jalfrezi spice mix, **oil**, **salt** and **pepper**. Roast for 20–25 minutes until golden and cooked through.



3. MAKE THE CURRY PASTE

Roughly chop onion. Peel and slice ginger. Blend with remaining jalfrezi spice mix, tomato paste and **1/4 cup olive oil** using a stick mixer or blender until smooth.



4. SAUTÉ THE VEGETABLES

Chop tomato and capsicums. Heat a frypan over medium–high heat with **oil**. Add vegetables and cook for 2–3 minutes until softened.



5. SIMMER THE CURRY

Drain and add chickpeas. Stir in curry paste and **1/2 cup water** and simmer for 12 minutes. Season to taste with **salt** and **pepper**.



6. FINISH AND SERVE

Transfer curry to a serving dish. Top with roast eggplant. Slice chilli and use to garnish. Serve with yellow rice.



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