



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



4 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
	16g	17g	74g

FROM YOUR BOX

BASMATI RICE	300g
GRAFFITI EGGPLANTS	4
JALFREZI SPICE MIX	1 packet
RED ONION	1
GINGER	1 piece
TOMATO PASTE	2 sachets
TOMATOES	2
GREEN CAPSICUM	1
YELLOW CAPSICUM	1
TINNED CHICKPEAS	2 x 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 tsp turmeric** to saucepan along with **600ml 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 eggplants into angular pieces (3-4cm). Toss on a lined oven tray with 2 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 tomatoes 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 **3/4 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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