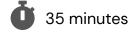






Roast Eggplant Jalfrezi

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







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!

TOTAL FAT CARBOHYDRATES

16g

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.

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



