



# Eggplant Jalfrezi Curry

A vibrant, spiced vegetable curry simmered with tomatoes and fresh ginger, served over fluffy basmati rice and finished with cooling yoghurt and coriander.



35 minutes



2 servings



Vegetarian

## FROM YOUR BOX

BASMATI RICE	150g
SHALLOT	1
EGGPLANT	1
GREEN CAPSICUM	1
GINGER	1 piece
TINNED CHERRY TOMATOES	400g
NATURAL YOGHURT	1 tub
CORIANDER	1 packet

## FROM YOUR PANTRY

oil for cooking, salt and pepper, garam masala

## NOTES

You can add tinned chickpeas or lentils to this dish for extra protein.

## 1. COOK THE RICE

Place **rice** in a saucepan, cover with **300ml water**. Cover with a lid and bring to a boil. Reduce to medium-low heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.

**TIP** *Add a pinch of turmeric to water for a fragrant yellow rice.*

## 2. SAUTÉ THE VEGETABLES

Heat large frypan with **oil**. Slice **shallot**, dice **eggplant** and add to pan. Cook 5 minutes until softened.

Slice **capsicum**, grate **ginger**, and add to pan with **1 1/2 tbsp garam masala**. Cook 5 minutes until fragrant and vegetables begin to caramelise.

**TIP** *Use coconut oil for extra richness. You can substitute garam masala with ground cumin, coriander and cinnamon. A pre made curry paste can be used instead of ground spice.*

## 3. SIMMER THE CURRY

Stir in **tinned cherry tomatoes** and **1/4 cup water**. Cover and simmer for 10 minutes or until vegetables are tender. Season with **salt** and **pepper** to taste.

**TIP** *If you prefer a creamier curry, you use coconut milk instead of water.*

## 4. FINISH AND SERVE

Serve **eggplant jalfrezi curry** over **rice**. Garnish with a spoon of **yoghurt** and chopped **coriander**.

**TIP** *Serve with naan, papadums, or a spoon of mango chutney for contrast.*

**This recipe has simplified instructions to help lower your meal cost.**