



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



4 servings



Vegetarian

FROM YOUR BOX

| | |
|------------------------|----------|
| BASMATI RICE | 300g |
| BROWN ONION | 1 |
| EGGPLANT | 1 |
| RED CAPSICUM | 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 **600ml 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 **onion**, dice **eggplant** and add to pan. Cook 5 minutes until softened.

Slice **capsicums**, grate **ginger**, and add to pan with **2 tbsp garam masala**. Cook 5 minutes until fragrant and vegetables begin to caramelize.

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 **1/2 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.