

Eggplant Tikka Masala

with Garlic Rice

hellóchef

It's hard to believe this indulgent curry is vegan!

Cals 858 • Prot 22 • Carbs 123 • Fat 40

Vegan

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🕒 cook: 30 min

R3286

Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Curry	2 ppl	3 ppl	4 ppl	
Eggplant	2	3	4	Piece
Brown onion	1	2	2	Piece
Ginger garlic paste	10	15	20	Grams
Vegetable oil	1	1	2	Tbsp
Tomato paste	30	50	70	Grams
Tomato passata	200	400	500	Grams
Coriander cumin powder	4	4	8	Grams
Garam masala	2	2	5	Grams
Chilli powder	2	2	2	Grams
Brown sugar	5	10	10	Grams
Vegetable stock cube 15*	1	1	2	Piece
Coconut cream	200	200	400	Grams
Rice				
Basmati rice	150	225	300	Grams
Garlic cloves	2	3	4	Piece
Salt	0.5	0.5	1	Tsp
Salted vegan butter	20	30	40	Grams
Turmeric powder	2	2	4	Grams
Water	300	450	600	ML
To serve				
Fresh coriander	15	15	15	Grams
Cashew nuts 1*, 2*	30	40	60	Grams

Allergens

*15 Celery, *1 Peanuts, *2 Tree Nuts

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	3589 / 858
Fat (g)	39.8
of which saturates (g)	26.8
Carbohydrate (g)	123
of which sugars (g)	28
Fiber (g)	21.4
Protein (g)	21.9
Salt (g)	1.5

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep

Chop the **eggplants** into chunks. Peel and finely chop the **onion**. Rinse and soak the **basmati rice**. Peel and mince the **garlic**.

Tip! Sprinkle the eggplant chunks with salt and place them in a colander in the sink for 10 min before cooking. This will draw out excess moisture!



2 Fry

Heat a large pan over a medium heat with a drizzle of **oil**. Once hot, add the **eggplant** with a pinch of **salt** and fry for 7-8 min until golden. Add the **onion** and cook for 5 min further. Add the **tomato paste, ginger garlic paste, coriander cumin powder, garam masala** and **chilli powder (spicy!)** and fry for 1 min further.



3 Boil rice

Meanwhile, heat a pan with a lid over a medium heat with the **butter** and the **garlic**. Once melted, add the drained **rice, salt**, a pinch of **turmeric** and the **measured water** and bring to a boil over a high heat. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Once cooked, remove the pan from heat and keep covered until serving.



4 Simmer

Meanwhile, add the **passata, sugar, vegetable stock cube** and **coconut cream** to the **eggplant**. Bring to a boil and simmer, covered, for 10 min until the **eggplant** is cooked through.



5 Serve

Meanwhile, finely chop the **coriander** leaves. Serve the **curry** over the **rice** and garnish with the **fresh coriander** leaves and **cashew nuts**.