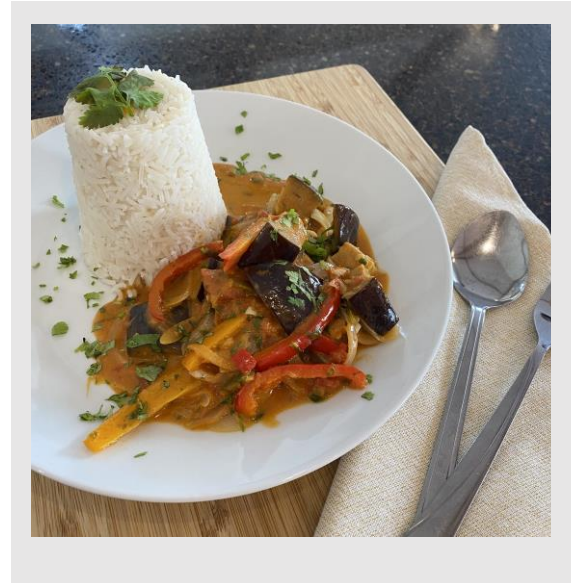


# Aubergine Curry & Rice

## Ingredients

- 2 aubergines, sliced into rounds
- 3 tbsp olive oil
- 2 onions, finely sliced
- 2 garlic cloves, crushed
- 3 tsp curry powder
- 400ml can chopped tomatoes
- 400ml can coconut milk
- pinch of sugar (optional)
- ½ small pack coriander, roughly chopped
- rice or roti bread, to serve



Serves 4

## Method

1. Heat oven to 200C/180C fan/gas 6.
2. Firstly, slice the aubergine into rounds widthways. Toss the aubergines in a roasting tin with 2 tbsp olive oil, season well and spread out and roast for 20 mins or until dark golden and soft.
3. Heat 1 tablespoon of oil in an ovenproof pan or flameproof casserole dish and cook the onions over a medium heat for 5-6 mins until softening. Stir in the garlic and spices, for a few mins until the spices release their aromas.
4. Tip in the tomatoes, coconut milk and roasted aubergines, and bring to a gentle simmer. Simmer for 20-25 mins, until the sauce has reduced and is nice and thick. Taste, and add seasoning if it needs it.
5. When the curry sauce is ready, stir through the coriander and serve over rice or with chapatis, scattering with the remaining coriander.

To make the rice, fill a coffee mug with rice – this will be enough to serve two people. To serve 4, you will need two mugs of rice.

Fill the pan to just over halfway with water and bring it to the boil. Add the rice and cook for 30 seconds more than the minimum time on the packet instructions. (Usually about 8 minutes).

Drain and rinse under cold water. Reheat on the serving plate in the microwave for 2-3 minutes, or until piping hot. Serve with the Aubergine Curry.

### Top Tips

**Use up any leftover courgettes, mushrooms, sweet potato, adding it instead of the aubergine**

**Add chilli powder or fresh, chopped for more extra heat and flavour**

**Freeze the curry in single portions for a quick and delicious meal**



**Thank you for cooking with us!**

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