



EGGPLANT CURRY

WITH CHICKPEAS AND CASHEWS

DIFFICULTY: Easy | **SERVES:** 4 | **READY IN:** 40 minutes

This easy eggplant curry is mild yet flavoursome and loaded up with plenty of goodness. Serve on brown rice and top with a yummy combination of roasted cashews, Greek yoghurt and coriander.



CURRY

- ☐ 2 carrots
- ☐ 1 eggplant
- ☐ 1 brown onion
- ☐ 3 cloves garlic
- ☐ 1 1/2 Tbsp olive oil
- ☐ 1 Tbsp finely grated ginger
- ☐ 1 Tbsp ground cumin
- ☐ 2 tsp garam masala
- ☐ 2 tsp ground coriander
- ☐ 2 tsp ground paprika
- ☐ 2 tsp turmeric
- ☐ 400g can chickpeas (14oz)
- ☐ 2 cups vegetable stock (500ml)
- ☐ 400ml coconut cream (13.5 fl.oz)
- ☐ 1/2 Tbsp cornflour dissolved in 1/2 Tbsp water
- ☐ 60g baby spinach (2.1oz)
- ☐ 1/4 cup unsweetened Greek yoghurt (60ml)
- ☐ 1 Tbsp lemon juice

TO SERVE

- ☐ 2 x 250g microwave pouches brown rice (2 x 8.8oz)
- ☐ 2/3 cup roasted, salted cashews (100g)
- ☐ 1/4 cup unsweetened Greek yoghurt (60ml)
- ☐ 2 handfuls fresh coriander *optional*

1. PREPARE CURRY

Dice carrots, eggplant and onion. Crush garlic.

2. Heat 1/2 tablespoon oil in a large non-stick pot or wok on high. Add half the eggplant and stir fry until browned. Remove onto a plate. Repeat with another 1/2 tablespoon oil and the rest of the eggplant.

3. Reduce heat to medium and add remaining 1/2 tablespoon oil, carrots and onion to pot. Cook until onion is soft. Stir in garlic, ginger, cumin, garam masala, coriander, paprika and turmeric. Cook for 30 seconds.

4. Drain chickpeas and add to pan together with stock, coconut cream and cornflour mixture. Simmer for 10 minutes, until curry has thickened a little.

5. Stir in spinach, yoghurt and lemon juice and season to taste with salt and pepper. Reduce heat to low.

6. SERVE

Microwave rice according to instructions on packet. Stir half of the cashews into the curry. Divide rice between warmed serving bowls. Spoon curry on top. Add a dollop of yoghurt and sprinkle over remaining cashews and coriander.



WINE MATCH: A dry Riesling.

EGGPLANT CURRY RECIPE NOTES

GLUTEN-FREE OPTION: Use gluten-free stock and gluten-free cornflour.

INGREDIENT SWAPS / NOTES: Eggplant could be swapped for a mixture of any of the following: orange kumara, zucchini, mushrooms and capsicum. You could also make a meaty version with diced boneless, skinless chicken thighs. For a lighter option, use coconut milk instead of coconut cream.

STORING AND REHEATING: Store individual portions in containers in the fridge and reheat in the microwave. Toppings are best added just before serving.