



# Caribbean Eggplant & Coconut Sauce

with Spinach Rice, Slaw & Almonds

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Eggplant



Mild Caribbean Jerk Seasoning



Garlic



Basmati Rice



Baby Spinach Leaves



Sweetcorn



Coconut Milk



Slivered Almonds



Coriander



Shredded Cabbage Mix

Prep in: 25-35 mins  
Ready in: 35-45 mins

Plant Based

With hints of sweet pimento, nutmeg and cumin, our mild Caribbean jerk seasoning works a treat with the tender roast eggplant. A drizzle of creamy coconut sauce adds another delicious layer while a bed of spinach rice and a zingy slaw round out this winning dish.

### Pantry items

Olive Oil, Plant-Based Butter, White Wine Vinegar

## Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

## You will need

Oven tray lined with baking paper · Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
eggplant	1	2
mild Caribbean jerk seasoning	1 medium sachet	1 large sachet
garlic	3 cloves	6 cloves
<b>plant-based butter*</b>	20g	40g
basmati rice	1 medium packet	1 large packet
<b>water*</b>	1½ cups	3 cups
baby spinach leaves	1 small bag	1 medium bag
sweetcorn	1 medium tin	1 large tin
shredded cabbage mix	1 medium bag	1 large bag
<b>white wine vinegar*</b>	drizzle	drizzle
coconut milk	1 medium tin	2 medium tins
slivered almonds	1 medium packet	1 large packet
coriander	1 bag	1 bag

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2987kJ (714Cal)	688kJ (164Cal)
Protein (g)	13.5g	3.1g
Fat, total (g)	37.1g	8.5g
- saturated (g)	16.1g	3.7g
Carbohydrate (g)	76.5g	17.6g
- sugars (g)	9.2g	2.1g
Sodium (mg)	919mg	212mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

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## Roast the eggplant

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **eggplant** lengthwise into quarters.
- Place **eggplant** on a lined oven tray. Drizzle with some **olive oil** (1/4 cup for 2 people / 1/2 cup for 4 people). Sprinkle over a pinch of **salt** and 1/2 the **mild Caribbean jerk seasoning**, turning eggplant to coat.
- Roast until tender, **20-25 minutes**.

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## Toss the slaw

- To bowl with the **charred corn**, add **shredded cabbage mix** and a drizzle of **white wine vinegar** and **olive oil**.
- Toss to combine. Season to taste.

2



## Cook the spinach rice

- Meanwhile, finely chop **garlic**.
- In a medium saucepan, melt the **plant-based butter** with a dash of **olive oil** over a medium heat. Cook 1/2 the **garlic** until fragrant, **1-2 minutes**.
- Add **basmati rice**, the **water** and a generous pinch of **salt**. Stir, then bring to the boil.
- Reduce heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat. Keep covered until rice is tender and water is absorbed, **10 minutes**.
- When rice is done, stir through **baby spinach leaves** until wilted.

**TIP:** The rice will finish cooking in its own steam, so don't peek!

5



## Make the sauce

- Return frying pan to a medium-high heat with a drizzle of **olive oil**. Add remaining **garlic** and cook until fragrant, **1 minute**.
- Stir in **coconut milk** and remaining **mild Caribbean jerk seasoning**. Simmer until thickened slightly, **2-3 minutes**.
- Season to taste, then remove from heat.

3



## Char the corn

- While rice is cooking, drain **sweetcorn**.
- Heat a large frying pan over a high heat.
- Cook **corn** kernels until lightly browned, **4-5 minutes**.
- Transfer to a large bowl.

**TIP:** Cover the pan with a lid if the kernels are "popping" out.

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## Serve up

- Divide spinach rice and slaw between bowls. Top with Caribbean eggplant. Spoon coconut sauce over eggplant.
- Sprinkle with **slivered almonds**. Tear over **coriander** to serve. Enjoy!

## We're here to help!

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