



Sri Lankan Roast Eggplant Curry

with Garlicky Peanut Rice

TAKEAWAY FAVES

Grab your Meal Kit with this symbol



Eggplant



Carrot



Garlic



Basmati Rice



Curry Leaves



Sri Lankan Spice Blend



Vegetable Stock Powder



Coconut Milk



Baby Spinach Leaves



Crushed Peanuts



Chicken Breast

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: 20-25 mins
Ready in: 30-35 mins



Plant Based^
^Custom Recipe is not Plant Based

This vibrant eggplant curry has flavour bursting in every bite! The garlic and peanut rice is packed with nuttiness, balanced against the roast veggies and Sri Lankan-style spices, we reckon it's a sure winner at the dinner table.



Eat Me Early*
*Custom Recipe only

CUSTOM RECIPE

If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Plant-Based Butter

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
olive oil*	refer to method	refer to method
eggplant	1	2
carrot	1	2
garlic	3 cloves	6 cloves
plant-based butter*	20g	40g
basmati rice	1 medium packet	1 large packet
water*	1½ cups	3 cups
curry leaves	1 stem	2 stems
Sri Lankan spice blend	1 large sachet	2 large sachets
vegetable stock powder	1 medium sachet	1 large sachet
coconut milk	2 medium tins	4 medium tins
baby spinach leaves	1 small bag	1 medium bag
crushed peanuts	1 medium packet	1 large packet
chicken breast**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3414kJ (816Cal)	609kJ (146Cal)
Protein (g)	11.6g	2.1g
Fat, total (g)	48.1g	8.6g
- saturated (g)	28.9g	5.2g
Carbohydrate (g)	79.5g	14.2g
- sugars (g)	10.3g	1.8g
Sodium (mg)	1497mg	267mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4174kJ (998Cal)	575kJ (137Cal)
Protein (g)	44.8g	6.2g
Fat, total (g)	53.4g	7.4g
- saturated (g)	30.5g	4.2g
Carbohydrate (g)	79.5g	11g
- sugars (g)	10.3g	1.4g
Sodium (mg)	1585mg	218mg

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!



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Roast the veggies

- See 'air fryer tips!' (below). Preheat oven to **240°C/220°C fan-forced**.
- Cut **eggplant** and **carrot** into bite-sized chunks.
- Place **veggies** on a lined oven tray. Drizzle generously with **olive oil**, season with **salt** and toss to coat. Roast until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the veggies between two trays.

Custom Recipe: If you've added chicken breast, cut chicken into 2cm chunks.



Start the curry

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Add **curry leaves** and remaining **garlic** and cook until fragrant, **1 minute**.
- Stir in **Sri Lankan spice blend**, **vegetable stock powder** and **coconut milk**. Simmer until thickened, **2-3 minutes**.

Use an air fryer!

1. Set your air fryer to 200°C. Prep and season eggplant and carrot as above.
2. Place veggies evenly into air fryer basket and cook for 10 minutes. Shake the basket, then cook until tender, a further 5-10 minutes.



Cook the garlic rice

- While the veggies are roasting, finely chop **garlic**.
- In a medium saucepan, melt **plant-based butter** with a drizzle of **olive oil** over medium heat.
- Add 1/2 the **garlic** and cook 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 the rice is tender and the water is absorbed, **10 minutes**. Cover to keep warm.

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



Finish the curry

- Remove **curry** from the heat. Gently stir through **roasted veggies** and **baby spinach leaves**, until the **spinach** is wilted. Season to taste.

Custom Recipe: Add chicken along with the roasted veggies.



Get prepped

- Pick **curry leaves** and set aside.

Custom Recipe: Before starting the curry, heat a large frying pan with a drizzle of olive oil over high heat. Add chicken and cook, tossing, until browned, 5-6 minutes. Transfer to a bowl.



Serve up

- Divide the garlic rice and the Sri Lankan roast eggplant curry between bowls.
- Sprinkle over **crushed peanuts** to serve. Enjoy!

Rate your recipe

Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate