



# UCOOK

## Vegan Aubergine & Lentil Curry

with coconut yoghurt

This lentil curry has it all - the richness of browned aubergine, the tanginess of cooked tomatoes, the nourishment of brown lentils, and the heat of a special UCOOK curry mix. Drizzle over coconut yoghurt for some creaminess, grab a crispy poppadom for crunch, and all your senses will be more than satisfied with this sensational meal.

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**Hands-on Time:** 20 minutes

**Overall Time:** 35 minutes

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**Serves:** 1 Person


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**Chef:** Jason Johnson

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 Veggie

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 Stettyn Wines | Stettyn Family Range Chenin blanc 2023

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## Ingredients & Prep

1	Onion <i>peel &amp; roughly dice ½</i>
250g	Aubergine <i>rinse, trim &amp; cut into bite-sized pieces</i>
1	Garlic Clove <i>peel &amp; grate</i>
20ml	Curry Spice <i>(15ml NOMU Tandoori Rub &amp; 5ml Dried Chilli Flakes)</i>
200g	Cooked Chopped Tomato
120g	Tinned Lentils <i>drain &amp; rinse</i>
2	Poppadoms
40ml	Coconut Yoghurt
3g	Fresh Coriander <i>rinse, pick &amp; roughly chop</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey

**1. START THE CURRY** Place a pot over medium heat with a generous drizzle of oil. When hot, fry the diced onions and the aubergine pieces until browning, 4-5 minutes. Add the grated garlic and the curry spice, and fry until fragrant, 1-2 minutes. Pour in the cooked chopped tomato and 200ml of water. Simmer until reduced and thickened, 12-15 minutes. In the final 3-5 minutes, add the rinsed lentils and cook until warmed through.

**2. POPPADOMS** Place a clean pan over medium-high heat with enough oil to cover the base. When hot, shallow fry the poppadoms one at a time, about 30 seconds per side. As soon as the poppadom starts to curl, use tongs to flip it over and flatten it out. Keep flipping and flattening until golden and puffed up.

**3. CURRY FINISH** When the curry is done, add a sweetener and season.

**4. CURRY IS READY** Plate up the aubergine curry. Side with the crispy poppadoms to scoop up all the goodness. Drizzle over the coconut yoghurt and garnish with the chopped coriander. Well done, Chef!

## Nutritional Information

Per 100g

Energy	326kJ
Energy	78kcal
Protein	4.5g
Carbs	14g
of which sugars	4.1g
Fibre	4.8g
Fat	0.5g
of which saturated	0.2g
Sodium	190mg

## Allergens

Allium

Cook  
within  
4 Days