

U COOK

Aubergine & Butter Bean Curry

with coconut yoghurt

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Veggie: Serves 1 & 2

Chef: Jason Johnson

Wine Pairing: Delheim Wines | Delheim Gewürztraminer

Nutritional Info	Per 100g	Per Portion
Energy	225kJ 54kcal	1842kJ 441kcal
Protein	2.2g	18.1g
Carbs	10g	81g
of which sugars	3.7g	30.1g
Fibre	2.7g	22.2g
Fat	0.5g	3.9g
of which saturated	0.2g	2g
Sodium	208mg	1706mg

Allergens: Allium

Spice Level: Mild

Eat Within 4 Days



Ingredients & Prep Actions:

Serves 1 [Serves 2]

200g	400g	Cooked Chopped Tomato
20ml	40ml	Curry Spice <i>(15ml [30ml] NOMU Indian Rub & 5ml [10ml] Dried Chilli Flakes)</i>
250g	500g	Aubergine <i>rinse, trim & cut into bite-sized pieces</i>
1	1	Onion <i>peel & roughly dice 1/2 [1]</i>
120g	240	Butter Beans <i>drain & rinse</i>
1	1	Fresh Chilli <i>rinse, trim, deseed & roughly chop</i>
1	1	Garlic Clove <i>peel & grate</i>
2	4	Poppadoms
40ml	80ml	ButtaNutt Coconut Yoghurt

1. START THE CURRY Place a pot over medium heat with a generous drizzle of oil. When hot, fry the onion and the aubergine until browning, 4-5 [5-6] minutes. Add the garlic and the curry spice, and fry until fragrant, 1-2 minutes. Pour in the cooked chopped tomato and 200ml [400ml] of water. Simmer until reduced and thickened, 12-15 minutes. In the final 3-5 minutes, add the butter beans and cook until warmed through.

2. POPPADOMS Place a 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!

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Sugar/Sweetener/Honey

Seasoning (Salt & Pepper)