



# 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 golden 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:** 25 minutes

**Overall Time:** 40 minutes

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**Serves:** 2 People


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**Chef:** Jason Johnson

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 Veggie

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 Creation Wines | Creation  
Viognier/Roussanne

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## Ingredients & Prep

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1	Onion <i>peeled &amp; roughly diced</i>
500g	Aubergine <i>rinsed, trimmed &amp; cut into bite-sized pieces</i>
1	Garlic Clove <i>peeled &amp; grated</i>
40ml	Curry Spice <i>(30ml NOMU Tandoori Rub &amp; 10ml Dried Chilli Flakes)</i>
400g	Cooked Chopped Tomato
240g	Lentils <i>drained &amp; rinsed</i>
4	Poppadoms
80ml	Coconut Yoghurt
5g	Fresh Coriander <i>rinsed, picked &amp; roughly chopped</i>

## From Your Kitchen

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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, 5-6 minutes. Add the grated garlic, the curry spice, and fry until fragrant, 1-2 minutes. Pour in the cooked chopped tomato and 400ml of water. Simmer until reduced and thickened, 12-15 minutes.

**2. CRISPY LENTILS** Place a pan over medium-high heat with a drizzle of oil. When hot, toast the drained lentils until golden and crispy, 12-15 minutes. Remove from the pan and season.

**3. 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.

**4. CURRY FINISH** When the curry is done, mix through the crispy lentils, add a sweetener and season.

**5. 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!



## Chef's Tip

## Nutritional Information

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Per 100g

Energy	326.0kJ
Energy	78.0kcal
Protein	4.5g
Carbs	14.0g
of which sugars	4.1g
Fibre	4.8g
Fat	.5g
of which saturated	.2g
Sodium	190.0mg

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## Allergens

Allium

Cook  
within  
4 Days