



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Eggplant


Eggplants are super versatile and loved for the creamy texture after cooking. The eggplant is commonly known as a vegetable but is actually a member of the berry family!



2 Eggplant Korma Curry

A mild and fragrant curry using Turban Chopstick's Korma curry paste and creamy eggplant, served on a bed of fluffy brown basmati rice and garnished with a toasted coconut seed mix.

 25 mins

 2 servings

 Plant-Based

2 April 2021

Spice it up!

Finish the dish with a squeeze of lemon or lime juice if you have some. Toasted cashews or shredded coconut also make a nice garnish.

Per serve: **PROTEIN** 18g **TOTAL FAT** 30g **CARBOHYDRATES** 78g

FROM YOUR BOX

BROWN BASMATI RICE	150g
COCONUT/SEED MIX	1 packet (30g)
RED CAPSICUM	1/2 *
ZUCCHINI	1/2 *
SMALL EGGPLANT	1
KORMA CURRY PASTE	1 jar
SUGAR SNAP PEAS	1/2 bag (75g) *
CORIANDER	1/2 packet *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper, apple cider vinegar

KEY UTENSILS

large frypan, saucepan

NOTES

When toasting the seeds, do not add in any oil.

For this recipe we recommend using coconut oil if you have it on hand.

If you have some coconut milk you can use that in the curry instead of water in step 3.



1. COOK THE RICE

Place rice in a saucepan, cover with 1.5 x amount of water. Cover with a lid, cook on lowest heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



2. TOAST THE SEED MIX

Heat frypan over medium–high heat (see notes). Add coconut/seed mix and toast for 3–4 minutes. Remove from pan and set aside.



3. SAUTÉ THE VEGETABLES

Add **1 tbsp oil** (see notes) to pan. Slice capsicum, dice zucchini and eggplant. Add to pan as you go.



4. SIMMER THE CURRY

Stir in curry paste along with **1 jar (240ml) of water** (see notes). Cover and simmer for 10 minutes.



5. FINISH AND PLATE

Trim and halve sugar snap peas. Add to pan and cook for a further 2–3 minutes. Season with **2 tsp vinegar, salt and pepper**.

Divide rice and curry among bowls. Top with toasted seed mix. Roughly chop coriander and use to garnish.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to hello@dinnertwist.com.au

