

Aubergine and Tomato Korma

Cook Time: 35 mins



Ingredients & Preparation

- Heat oven to 180C
- **Aubergine** cut into 1-inch pieces
- **Onion** peeled & finely chopped
- 2 cloves of **garlic** peeled & finely chopped
- **Ginger** – Use 1" finely chopped or grated
- **Brown basmati rice**
- **Tin chopped tomatoes**
- **Desiccated coconut**
- **Spice mix** – Aubergine Korma
- **Toasted almond flakes**



Cooking Instructions

1. Place the **aubergine** pieces on a baking tray and coat with 1 tbsp of vegetable oil. Cook the aubergine in the oven for 25mins to 30mins or until soft, then remove.
2. Next cook the **basmati rice** by adding the rice to a pan and covering with 2-inches of boiling water. Simmer the rice for 20 mins or until cooked, drain the rice.
3. While the rice is cooking, take a large frying pan add 1 tbsp of oil and cook the **onion** for 3 mins, next add the **garlic, ginger & spice mix** and fry for further 3 mins on a medium heat.
4. Now add the cooked aubergine, **tin of tomatoes** and **desiccated coconut** and gently simmer for 10 mins until the sauce has reduced, stirring occasionally.
5. In a dry frying pan, warm the **almond flakes** for 1-minute on a low heat.
6. To serve, add a portion of the basmati rice to a bowl followed by the aubergine korma and sprinkle the almond flakes on top.



Nutritional Information

Nutrition information typical values

Nutrient:	per 100g	per serving (591g)
Energy	336kJ / 80kcal	1987kJ / 473kcal
Fat	2.4g	14g
of which saturates	1.2g	7.2g
Carbohydrate	11g	66g
of which sugars	3.7g	22g
Protein	2g	12g
Salt	0.27g	1.6g

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DIETARY & ALLERGEN INFORMATION:

CONTAINS Almonds, Mustard
MAY CONTAIN Sulphites

Made in a facility that also handles: celery, cereals containing gluten, egg, lupin, milk, mustard, nuts, peanuts, sesame seeds, soya, sulphites.

For More Information Scan Here

