



Vegetable Massaman Curry with Basmati Rice

Massaman curry - also known as matsaman or mussman curry - is a creamy, mildly spiced, nutty, slow-cooked curry which is heavily influenced by Indian, Malaysian, and Persian cuisines. We have created this version with all the flavour but shorter cooking time!

Ingredients

- Aubergine
- Red Pepper
- Red Onion
- Red Chilli
- Fresh Coriander
- Cashews
- Basmati Rice
- Peanut Butter
- Massaman Curry Paste
- Creamed Coconut

Your Pantry

- Olive Oil
- Salt & Pepper

Nutritional Info

Calories: 599 kcal
Carbohydrates: 53 g
Protein: 15 g
Fat: 36 g

Allergens

[Peanuts \(Peanut Butter\)](#)
[Nuts \(Cashews\)](#)
[Mustard \(Curry Paste\)](#)
[Wheat \(Curry Paste\)](#)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) Prepare the vegetables

Remove the core from the pepper and roughly chop it. Remove the outer layer from the onion and finely chop. Roughly chop the aubergine into 2-3cm cubes. Cut the chili lengthways and remove the seeds (leave them in if you prefer it spicy!). Finely chop the chilli. Set the vegetables aside.

2) Cook the rice

Place the rice in a pot and cover over by an inch of salted water. Bring to the boil over high heat. As soon as the water is boiling, lower the heat to a simmer and cover with a lid.

3) Toast the cashews

Add the cashews to a dry frying pan without oil and toast them (about 2-3 minutes), stirring and watching constantly to prevent burning. Set aside.

4) Cook the vegetables

In a large, deep frying pan, gently heat a little olive oil on medium high heat then add peppers, aubergine, onions and chilli. Add the curry paste and cook for about 8 minutes. Season with salt & pepper.

6) Add the coconut

Add the creamed coconut and 1 cup of water to the vegetables. Dissolve the coconut and simmer for 2-3 minutes. Add the peanut butter and simmer for another 5 minutes mixing well.

7) Plate the dish

Sprinkle the cashews and coriander over the vegetables & serve with rice.



Fancy winning free DropChef in our weekly competition?
To enter just share your delicious dinner on Instagram | [#DropChef](#)