



DropChef Aubergine and Chickpea Curry

Chickpeas are a fantastic source of plant protein! This dish is brimming with nutrients and flavour. Did you know turmeric has anti-inflammatory properties and is actually a member of the ginger family?

Nutritional Info

Calories: 568 kcal
Carbohydrates: 109.4 g
Protein: 21.5g
Fat: 4.7 g

Ingredients

- Chickpeas
- Tinned tomatoes
- Onion
- Basmati rice
- Garlic
- Ginger
- Aubergine
- Tomato puree
- Spice Mix
 - Ground Cumin
 - Ground Coriander
 - Ground Turmeric

Your Pantry

- Olive Oil
- Sugar

Allergens

None

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 & Boil The Kettle

Peel and thinly slice the onion. Grate or crush the garlic and a teaspoon of ginger per person. Drain and rinse the tin of chickpeas and set aside.

Slice the aubergine in half lengthways, and place both halves on a microwave safe plate. Microwave for 3-5 minutes *per aubergine* or until soft (if you don't have a microwave, roast at 180°C for 20 mins). Meanwhile....

2) Sauté the onions

Heat a drizzle of oil in a heavy bottomed saucepan. Add the onions, and turn to low-medium heat. Cover with a lid and allow to soften for 3-5 minutes. Next, add the garlic, ginger and spice mix, and cook on low for a further 1-2 minutes to allow the aromatics to develop.

3) Make the curry

Remove the now soft aubergine from the microwave and carefully (it will be hot!) cut into cubes. Add the aubergine, along with the chickpeas, tinned tomatoes, tomato puree, and half a teaspoon of sugar per person to the onion and spice mixture. If the curry looks a little thick/dry, add a few tablespoons of water. Bring to a simmer and allow to cook for 10-15 minutes.

4) Cook the rice

Rinse the Basmati rice in a sieve and then add to a saucepan of boiling water. Cook for 10-12 minutes. Once cooked, drain the rice and set aside.

5) Plate the dish

Serve the rice and top with a wholesome portion of your delicious aubergine curry.



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