



BAKED AUBERGINE CURRY

Prep: 15 min – Oven: 1h 15mins – Serves 2

1 onion
2 aubergines
400ml coconut milk
3 tbsp mild Indian curry paste
¼ tsp salt

To serve:
Coriander leaves
pomegranate seeds
crispy onions
mango chutney
Black rice or basmati rice, to serve

Preheat the oven to 180°C fan.

Peel and chop the onion.

Cut the aubergines into 1cm slices.

Arrange half the aubergines in a 20x20cm ovenproof dish. Distribute the chopped onion over the aubergines and top with the remaining aubergines.

In a bowl, mix the coconut milk with the Indian curry paste and the salt. Pour over the aubergines.

Cover the ovenproof dish with foil and bake in the preheated oven for 1 hour.

After 1 hour, remove the foil and bake for another 20 minutes until the aubergines are meltingly soft.

Meanwhile, cook the rice according to packet instructions.

When ready to serve, put a portion of rice and aubergines onto each plate and sprinkle with coriander, pomegranate seeds, crispy onions and add a dollop of mango chutney.