



Keralan Coconut Curry

Ingredients

- 100 g Maggi Coconut Milk Powder
- 0.5 Cauliflower
- 0.5 Eggplant
- 2 tablespoons Vegetable Oil
- 1 Onions
- 3 tablespoons Kerelan Curry Paste
- 1 teaspoon Turmeric
- 240 g Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids
- 1 g Table Salt
- 1 g Pepper
- 0.5 bunch Leaves Coriander
- 1 Lime Juice
- 100 g Tomato
- 260 g basmati rice, steamed (optional)

Instructions

1. Heat oven to 200°C, (180°C for fan ovens), gas mark 6.
2. Coat the cauliflower and aubergine in 1tbsp of the vegetable oil and tip out onto a baking sheet. Roast for 20 minutes, turning the veg halfway through cooking, until everything is golden and tender
3. Soften the onion in the remaining oil in a large saucepan. Add the curry paste and turmeric to the saucepan and cook for a couple of minutes until fragrant. Make the coconut milk by mixing the powder with 400ml boiling water in a jug. Add to the pan with the chickpeas, cauliflower and aubergine and bring to the boil, then simmer for 5 minutes. Turn off the heat and stir through the tomatoes.
4. Add the lime juice, coriander and season to taste before spooning the curry over the freshly cooked rice and digging in.

Nutrition

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|---------------------|-------------|
| Carbohydrate | 28.64 g |
| Energy | 372.94 kcal |
| Fat | 26.26 g |
| Fibre | 7.13 g |
| Protein | 7.42 g |
| of which: saturates | 15.48 g |
| Sodium | 332 mg |
| of which: sugars | 8.39 g |

25 Minutes

4