DINNERLY

Rice-Free Eggplant Curry

with Zucchini, Beans and Cashews

30 minutes 2 Servings

Can we have a 'yay' from the crowd for filling proteins, seasonal veggies and good, healthy fats? Our reduced-carb recipes feature all that, and contain less than 30 grams of carbohydrates per serve!

WHAT WE SEND

- 1 onion
- 1 eggplant
- 2 zucchini
- 150g green beans
- 40g roasted cashews [1]
- 2 garlic cloves
- 50g Indian butter curry paste [1]
- 50g tomato paste
- 200ml coconut milk

* The remainder of this ingredient won't be used in this recipe.

WHAT YOU NEED

- 1 tbs vegetable oil

TOOLS

- medium deep frypan with lid
- small saucepan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Cashew (1). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 525kcal, Fat 38.7g, Carbs 27.5g, Protein 12.2g

1. Prep ingredients

Thinly slice the **onion**. Cut the **eggplant** into 3cm chunks. Cut the **zucchini** into 2cm chunks. Trim the **beans**, then halve on an angle. Coarsely chop the **cashews**. Crush or finely chop **2 garlic cloves**.

2. Start curry

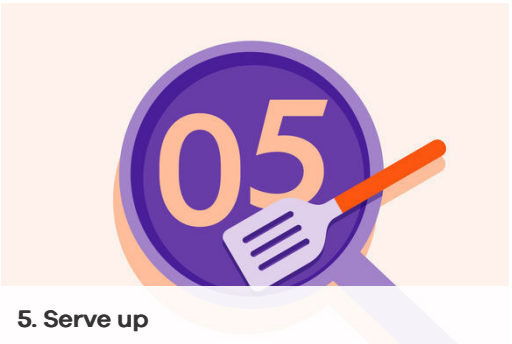
Heat **1 tbs vegetable oil** in a medium deep frypan over medium heat. Cook the **onion** and **garlic**, stirring, for 3 mins or until softened. Add the **curry paste** and **1½ tbs tomato paste*** and cook, stirring, for 30 secs or until fragrant.

3. Simmer curry

Add the **eggplant**, **coconut milk** and **250ml (1 cup) water** to the onion mixture and stir to combine. Bring to the boil, then reduce the heat to medium and cook, covered, for 5 mins. Add the **zucchini** and cook, covered, for a further 10 mins or until the vegetables are tender. Taste, then season with **salt and pepper**. Remove the pan from the heat.

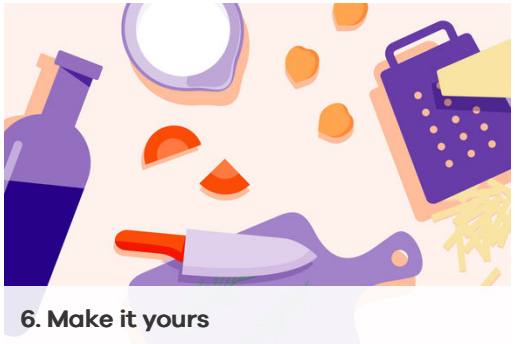
4. Cook beans

Meanwhile, bring a small saucepan of water to the boil (see Make it yours). Cook the **beans** for 2-3 mins until tender. Drain.



5. Serve up

Divide the **curry** among bowls and top with the **beans**. Scatter over the **cashews** and enjoy!



6. Make it yours

To save on time and pans, you can cook the beans in the curry. Just add to the curry and cook, covered, for 2-3 mins before serving. ~ This is a mild-flavoured curry but if you like yours hot, kick up the heat with a scattering of chopped fresh chilli or chilli flakes.