



Cooking Made Easy

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Fresh Aubergine Korma with Homemade Wholemeal Chapatis

Once you've had a taste of the good stuff it's very difficult to go back. Nowhere is this more true than when it comes to bread. This year we want to give you a go at making your own to see just how amazing (and satisfying) it can be. Rather than go in at the deep end though, we're kicking off with the simplest bread of them all: the humble chapati. Prized in India for its easiness to prepare (and the fact that they're awesome for mopping up sauce) we're offering a prize for best chapati pic on Facebook!



40 min



veggie



Wholemeal Flour



Aubergine



Onion



Garlic Clove



Coriander



Chilli Powder



Ground Coriander



Cumin



Turmeric



Potato



Vegetable Stock Pot



Baby Spinach





Greek Yoghurt



Flaked Almonds

Ingredients

	2P	4P
Wholemeal Flour 1	1 cup	2 cups
Aubergine, cubed	1½ cups	3 cups
Onion, sliced	½ cup	1 cup
Garlic Clove, diced	1	2
Coriander, chopped	2 tbsp	4 tbsp
Chilli Powder	½ tsp	1 tsp
Ground Coriander	1 tsp	2 tsp
Cumin	1 tsp	2 tsp
Turmeric	1 tsp	2 tsp
Potatoes, cubed	1	2
Vegetable Stock Pot 2	½	1
Baby Spinach	2 cups	4 cups
Greek Yoghurt 3	½ pot	1 pot
Flaked Almonds 4	1 tbsp	2 tbsp

-  May feature in another recipe
-  Our produce comes fresh from the farm so give it a little wash before using

- Allergens
- 1) Gluten | 2) Celery
- 3) Milk | 4) Nut

Nutrition per serving: Calories: 684 kcal | Protein: 21 g | Carbs: 109 g | Fat: 16 g | Saturated Fat: 4 g



1 Put all but 2 tbsp of your flour into a high sided bowl with ¼ tsp of salt. **Tip:** You need 2 tbsp to dust your work surface later. Very gradually add water (roughly ⅓ of a cup) into the flour whilst you mix it with your hands. Keep mixing and adding until you have a soft (not soggy!) dough.



2 Sprinkle the remaining flour onto your work surface and coat the dough in 1 tsp of olive oil. Knead the dough by pushing it away from you on the work surface. Form it back into a ball and then push it away again to stretch it. Once you've pummelled it for a few mins leave it to rest.



3 Chop the aubergine into 2cm cubes. Peel the onion and cut in half through the root. Cut each half into slices to get half moon shapes. Peel and finely dice the garlic and roughly chop the coriander.



4 Heat a frying pan on medium-high heat. Toss the aubergine in 1 tbsp of olive oil and fry until golden.

5 Add the onion slices and the garlic to the pan and cook for 5 mins, or until soft. Add the spices and mix well, then chop (don't peel) your

potatoes into 1cm cubes. Add half the stock pot to the pan with 250ml of water and stir until it dissolves. Add in the potato cubes, cover with a lid and cook for 10-15 mins.

6 Remove the lid and let the sauce bubble until it has reduced by a third. Add the spinach (wash the leaves first if they need it) and stir well to combine everything, simmer until the spinach wilts. Remove from the heat and wait 2 mins before stirring through 2 tbsp of Greek yoghurt (too hot and the yoghurt will split).

7 Divide your dough into four equal parts. Then roll out your chapatis until they are as thin as a pancake. **Tip:** If you don't have a rolling pin you can use a wine bottle or even a tin can! Place them in a searing hot frying pan and cook on both sides until you see little light brown spots form.

8 Mix 3 tbsp of the greek yoghurt with 1 tsp of chopped coriander, ¼ tsp of salt and a few grinds of pepper to make a 'raita' (AKA yoghurt sauce). Serve the curry with the chapatis and raita on the side and sprinkle over the remaining coriander and the flaked almonds.