



Creamy Coconut Eggplant Curry

with a Soft Egg and Spinach Salad



ca. 30min



2 Portionen

Was du von uns bekommst

- 1 Aubergine
- 1 Zwiebel
- 1 Knoblauchzehe
- 1 Pck. Garam-Masala-Gewürzmischung
- 1 Dose Bio-Tomatenmark
- 200ml Kokosmilch
- 2 Bio-Eier ¹
- 100g Babyspinat (ungewaschen)
- 50g Feta ²
- 10g Koriander

Was du zu Hause benötigst

- 1EL Butter ²
- 1½g Salz und Pfeffer
- ¾g Zucker
- 22½ml Olivenöl
- 7½ml Essig

Küchenutensilien

- mittelgroße Pfanne mit Deckel
- kleiner Topf
- kleine Pfanne
- Messbecher

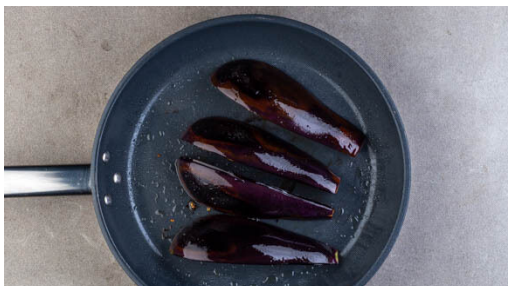
Vergiss nicht, das Gemüse vor der Zubereitung gründlich zu waschen, insbesondere grünes Blattgemüse und Salate.

Allergene

Enthält: **Eier** (1), **Milch** (2).

Nährwertangaben pro Portion

Energie 540kcal, Fett 44.0g, Kohlenhydrate 19.1g, Eiweiß 16.1g



1. Sear the eggplant

Cut the eggplant into quarters lengthwise and season with salt. Heat 1Tbsp olive oil in a medium pan over medium-high heat. Sear the cut sides of the eggplant until golden, ca. 2min. per side. Add more oil as needed when flipping the eggplant. Tip: place a second pan on top of the eggplant as it sears to weigh down the pieces and get an even sear. When done, remove the slices and set aside.



4. Cook the eggs

Meanwhile, in a small pot, bring enough water to a boil for the eggs. Add the eggs carefully to the boiling water and boil on medium heat for ca. 6min. for soft eggs. Tip: If you want your eggs hard-boiled, cook for 2 more minutes. Drain the eggs, rinse with cold water and peel.



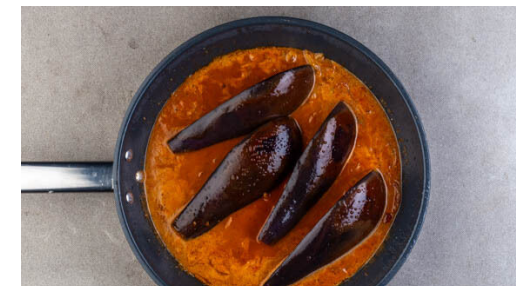
2. Sauté the aromatics

Peel, halve and thinly slice the onion. Reserve ¼ of the onion slices for the salad. Peel and mince or press the garlic with a garlic press. In the same pan, melt 1Tbsp butter on medium heat. Add the onion and garlic and sauté for 3-4min. to soften. Then stir in the the garam masala and ¾ of the tomato paste. Sauté for ca. 1min. until fragrant and toasted.



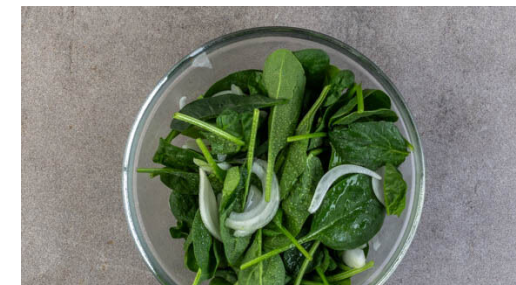
5. Finish the curry

Push the eggplant to the sides of the pan, and stir ½ the spinach into the sauce in the center of the pan, letting it wilt. Add 1-2Tbsp water, if needed. Spread the eggplant and spinach evenly across the pan. Break the feta into chunks and scatter them over the top of the pan. Cover and gently simmer for ca. 5min. to soften the feta. Let rest uncovered when done.



3. Make the sauce

Gradually pour in the coconut milk and 40ml of water, stirring to combine. Season to taste with salt and pepper. Bring to a gentle simmer, then nestle the eggplant pieces into the sauce. Cover and gently simmer for ca. 8min., until the eggplant is tender when pierced with a fork.



6. Make the salad

In a medium bowl, mix ½Tbsp olive oil, ½Tbsp vinegar, the reserved onion and a pinch of sugar, salt and pepper. Toss the remaining spinach in the dressing. Roughly chop the fresh coriander and stems. Sprinkle it over the curry. Halve the eggs. Serve the curry in bowls, topped with egg, and the spinach salad alongside.