



# *The Hungry Guest*

## PUMPKIN AND AUBERGINE TIKKA MASALA

SERVINGS: 4

PREPPING TIME: LESS THAN 30 MIN

COOKING TIME: 30 MIN - 1 HOUR

### INGREDIENTS

#### CURRY

50ml x olive oil  
1 Mereworth red kuri squash, largely diced  
1 Mereworth aubergine, largely diced  
1 brown onion, roughly chopped  
3 cloves garlic, sliced  
1/2 a jar The Hungry Guest Tikka Masala  
1 tin of cooked black beans  
1 tin coconut milk  
50g Mereworth spinach  
1/2 bunch coriander, finely chopped

#### RAITA

1/2 cucumber, finely chopped  
1/2 bunch of fresh mint, finely chopped  
250g Greek yogurt  
1/2 tsp garam masala  
Juice of 1/2 a lime  
salt

#### RICE

65g of uncooked rice per person

### DIRECTIONS

For the Curry:

1. In a hot pan add 1 tbsp of oil and the diced red kuri squash. Colour well, then remove from the pan and set aside. Repeat this with the diced aubergine.
2. Place a pan on a medium heat and add 2 tbsp of vegetable oil. Place the onions and garlic in and allow to cook slowly for 10 minutes.
3. Add the Hungry Guest tikka masala sauce, coconut milk and black beans.
4. Bring to the boil and reduce to simmer. Add the pumpkin and aubergine. Cook for 15-20 minutes, until the squash and aubergine are tender.
5. Fold in the spinach and coriander.

For the Raita:

1. Combine all the prepared ingredients into a bowl, and season with salt.

For the Rice:

1. Bring a pan of water to the boil and season with salt.
2. Add 65g of rice per person and simmer well for 10-12 minutes, or until the rice is tender.
3. Strain and serve.