

Ingredients

Aubergine, cut into 2cm chunks
Basmati rice, washed, 250g
Black mustard seeds 1 tsp
Chickpeas, 400g tin
Coriander, large handful fresh roughly chopped
Mango chutney 3 tbsp
Mild curry paste 3 tbsp
Natural yoghurt, to serve
Onion, finely sliced
Potatoes, 4 medium, cut into 2cm chunks
Vegetable stock 350ml

1. Step 1

Heat the oil in a large pan over medium heat. Add the onion and cook for 5min until softened. Turn up the heat, add the aubergine and potatoes and fry for 5min, stirring frequently so the mixture doesn't catch.

2. Step 2

Stir in the curry paste and mustard seeds and fry for 30sec. Add the stock and simmer, covered, for 15min (stirring occasionally) until the vegetables are tender.

3. Step 3

Meanwhile, cook the rice in boiling salted water for 12-15min or until tender. Drain well and keep warm.

4. Step 4

Stir the chickpeas, chutney and coriander into the curry, then check the seasoning. Serve with the rice and a dollop of natural yogurt, garnished with extra coriander leaves.