



Aubergine, Chickpea & Lentil Curry (V)

Gently spiced lentils, chickpeas, and aubergine in a mild, aromatic curry sauce - wholesome and fragrant with warming spice notes.

Ingredients

Chickpeas, aubergines, onions, coconut milk, sunflower oil, lentils, garlic, ginger, brown vinegar, green chillies, fresh coriander, curry leaves, curry spices, seasoning

Allergens

Made in a kitchen that uses nuts.

Heating Instructions

All meals must be fully defrosted before heating. Remove plastic lid before heating.

Stove Top

- Decant contents into a suitable pot
- Bring to a gentle simmer, stirring occasionally to distribute the heat evenly

Oven

- Preheat oven to 180°C.
- Place the foil container on a baking tray and heat for 25–30 minutes.

Air Fryer

- Preheat to 160°C.
- Place the foil container in the air fryer basket and heat for 18–22 minutes.

Microwave

- Heat on medium–high power for 5–7 minutes, stirring halfway if possible.
- Allow to stand for 1 minute before serving.

Important

Cooking times may vary depending on the appliance, and so may require slight adjustment. Always ensure food is piping hot throughout before serving.

