

AUBERGINES, CHICKPEAS WITH LIME & CORIANDER



MINUTES TO PREPARE
20



MINUTES TO COOK
1 hour 30



SERVES
6 as a side or 3
as a main

INGREDIENTS

2 tablespoons rapeseed oil
2 aubergines, tops removed, sliced in half lengthways, then each half sliced into 3 lengthways and then each strip cut in to 2 so you have long rectangles of aubergine
6 shallots, top and tails removed, peeled
3 cloves of garlic, peeled
5cm fresh ginger, peeled and roughly chopped
1 medium red chilli, deseeded and finely sliced
1 teaspoon fennel seeds
1 teaspoon cumin seeds
1 teaspoon coriander seeds
400ml tin of chopped tomatoes
200ml water
400g tin of chickpeas, drained and rinsed
1 teaspoon vegetable bouillon
2 tablespoons tomato puree
Juice of 1 lime
1 tablespoon soy sauce
1 large handful of coriander leaves, finely chopped
A pinch of Maldon sea salt

You will need a roasting tray, a pestle and mortar, and a small oven proof dish or casserole dish with a lid.

LET'S GET COOKING

- 1 Preheat the oven to 180/350/gas 4.
- 2 Place the aubergines in the roasting tray with 1 tablespoon of oil and sprinkle with a pinch of Maldon sea salt. Roast for 20 minutes or until they have started to brown and soften.
- 3 Meanwhile, place the fennel, cumin and coriander seeds in the pestle and mortar and grind to a coarse powder. Add the whole garlic cloves and chunks of ginger and pound to a paste.
- 4 Next, heat a tablespoon of oil in the casserole dish over a medium heat. Add the shallots and cook until brown, stirring from time to time.
- 5 Add the coarse paste of spices, garlic, and ginger and stir. Add the chilli slices and stir for 2 minutes to stop it from catching.
- 6 Add the tin of tomatoes and stir well, scraping any residual spice from the bottom of the pan.
- 7 Add in the water, drained chickpeas, vegetable bouillon, tomato puree, and roasted aubergines.
- 8 Bring to a gentle boil and place the lid on top. Cook in the oven for 1 hour 30 minutes. If it looks too dry or sticky, add 50ml water and stir well.
- 9 Once it has cooked, squeeze in the lime juice and stir in the chopped coriander leaves and soy sauce. Taste for seasoning and add more Maldon sea salt or lime juice as necessary.

Enjoy!

"This is a lovely bowl of healthfulness with all natural ingredients or culinary processed ingredients. It's a lovely way of getting lots of vegetables and chickpeas in and is absolutely delicious as a leftover as the flavours continue to infuse."