



ROASTED VEGETABLES WITH CHICKPEAS & CUMIN DRESSING



MINUTES TO PREPARE
5



MINUTES TO COOK
25



SERVES
2

INGREDIENTS

For the roasted vegetables and chickpeas:

400g chickpeas, drained
1 aubergine, cut into cubes
1 courgette, cut in to cubes
1 red onion, peeled and sliced into eighths
200g baby button mushrooms, halved
1 tablespoon rapeseed oil
Salt and pepper

For the dressing:

1 tablespoon cumin seeds, roasted and ground in a pestle and mortar (or 1 teaspoon of ground cumin)
2 cloves of garlic, peeled and crushed
2 tablespoons rapeseed oil
Juice of 1/2 lemon
1 large handful of fresh coriander, chopped
1 tablespoon pine nuts (lightly toasted in a dry frying pan until golden brown)
Pinch of Maldon sea salt

LET'S GET COOKING

- 1 Preheat the oven to 180/350/gas 4. Place the red onions, aubergines and courgettes in a roasting tray, season with salt and pepper and drizzle with oil. Roast for 20 minutes.
- 2 Meanwhile, place the chickpeas in a saucepan with water and bring to the boil. Simmer for 5 minutes and drain. After the roasted vegetables have cooked for 20 minutes, add the chickpeas to the vegetables, stir and cook for a further 5 minutes.
- 3 In a small frying pan, dry roast the cumin for 2 minutes. Grind in a pestle and mortar, add the garlic and grind again. Add the pine nuts to the frying pan you used for roasting the cumin and fry until lightly browned. Add them to the pestle and mortar and bash lightly. Stir in the oil, lemon, chopped coriander and season well.
- 4 Pour the dressing through the roasted vegetables and chickpeas and mix well. Crumble through the feta. Taste and adjust the seasoning to your liking.

"This is an utterly delicious vegetarian meal which I will go back to time and time again. If, like me, you get those days where you feel you need a boost, then this is a quick and faff-free meal which is full of healthfulness. Great for leftovers for lunch the next day too"