



BEEF, CHICKPEA AND AUBERGINE STEW



MINUTES TO PREPARE
20



TIME TO COOK
1 hour 45 mins



SERVES
4

INGREDIENTS

650g stewing steak, chopped
1 tablespoon garam masala
1 teaspoon tumeric
1 teaspoon sweet paprika
2 tablespoons rapeseed oil
3 shallots, peeled and left whole
2 cloves garlic, peeled and crushed
2cm ginger, peeled and crushed
1 aubergine, diced to 1cm
400g tin chopped tomatoes
400g tin chickpeas, drained and rinsed
400g tin of water
1/2 stick cinnamon
1/2 star anise
Juice of 1 lemon
1 tablespoon honey
1 tablespoon tomato purée
Pinch of Maldon Sea Salt
Good grind of black pepper

LET'S GET COOKING

- 1 Preheat the oven to 160/315/gas 2-3. You will need a medium casserole or oven proof dish with a lid.
- 2 Sprinkle the garam masala, tumeric and paprika over the beef. Heat the oil in a frying pan until hot. Brown the meat in batches and add to a casserole dish.
- 3 Add the aubergines to the oil and brown for 5 minutes. They will start to become a lovely dark golden colour and reduce in size. Once cooked, add them to the meat. If the pan is dry add another teaspoon of oil. Add the shallots, ginger and garlic. Stir on a lower heat for 2 minutes.
- 4 Add to the casserole dish before adding the tomatoes, chickpeas, water, purée, cinnamon, star anise, honey, lemon, salt and pepper.
- 5 Bring to the boil, pop a lid on and put in the oven for 1 hours and 45 minutes.
- 6 Season to taste and serve with some wilted greens.

"This is a healthful stew for all the family. My kids would never normally eat aubergines but here they break down adding flavour and substance. The spices fill your home with a wonderful warmth and your Microbiome will be having a field day with the range of ingredients."

Chickpeas are a great addition to your diet. I challenge you to try and use a tin every week or two."