

Aubergine and Chickpea Stew

Makes: 4 servings

Ingredients

2 Tablespoons of Olive Oil
1 White Onion
3 cloves of Garlic
Thumb sized Piece of Fresh Ginger
1 Teaspoon of Cinnamon
1 Teaspoon of Cumin
2 Tablespoons of Harissa
2 Aubergines
50g of Dried Apricots
1 Tin of Chopped Tomatoes
250ml of stock (Chicken or Veg)
Juice of 1/2 Lemon
1 Tin of Chickpeas



Instructions

Dice the onion, mince the garlic and peel and grate the ginger. Chop the aubergine into 2-inch chunks.

Pour the olive oil into a large pot on medium heat and add in the onions. Cook for a few minutes until starting to soften. Then add in the ginger, garlic and all of the spices. Toss them and let them sizzle for a minute or two to wake up the spices.

Stir in the harissa. Add the aubergine and toss well. Add a dash of water (about 2 tablespoons) to stop the bottom from sticking and pop the lid on. Cook for about 5 minutes without lifting the lid.

Halve the apricots and add them to the pot, followed by the chopped tomatoes and stock.

Juice half of the lemon and add it to the pot. Pop the lid on and leave it to simmer for about 30 minutes. Then, drain and rinse the chickpeas and add them to the pot. Stir and continue to simmer with the lid on for another 15 minutes, until the aubergines are tender and melt in the mouth.

Nutrition information:

Each Serving:
Kcal 287
Fat 1g
Net Carbs 20g
Protein 10g

Recipe from The Little Green Spoon – See www.thelittlegreenspoon.com