



Recipe ideas

Moroccan Chickpea and Eggplant Stew (SERVES 4-6)

Ingredients

- 2 large eggplants (cubed)
- 1 medium onion (finely chopped)
- 3 garlic cloves (minced)
- 1 x 400 g can chickpeas (drained)
- 1 x 400 g can diced tomatoes
- 1 cup vegetable stock (low salt)
- 1 tsp chilli powder
- 1 tsp cinnamon
- 2 tsp ground cumin
- 1 tsp olive oil
- Pepper to taste

Directions

1. Cut off the ends of the eggplant, then chop into 2 cm cubes.
2. Chop the onion roughly.
3. Mince the garlic.
4. Coat a large deep-sided fry pan with olive oil and heat over a medium heat.
5. Add the minced garlic, onion, chilli powder, cumin and cinnamon. Stir well to coat onion evenly. Cook until the onions have softened (approx. 4 - 5 minutes).
6. Add the eggplant, tomatoes and chickpeas, along with the stock. Simmer over medium-low heat, covered, for 15 - 20 minutes (until the eggplant is tender).
7. Uncover and stir. If the stew looks very soupy, let the liquid bubble away for a few more minutes.
8. Salt and pepper to taste.
9. Serve over ½ cup doongara/basmati/moolgiri rice or 1 x slice wholegrain pita bread.

