

MOROCCAN CHICKPEA AND EGGPLANT (Aubergine) STEW

Source: The Times

Serves 4-6



- Aubergine, cubed – 2 large
- Onion, chopped – 1 medium
- Garlic, minced – 3 cloves
- Chickpeas, drained – 1 can
- Tomatoes, chopped – 1 can
- Vegetable stock – 1 cup
- Chilli powder – 1 tsp
- Cinnamon – 1 tsp
- Ground cumin – 2 tsp
- Olive oil – 1 tsp
- Salt and pepper

1. Cut ends off aubergine and chop into 2cm cubes.

2. Coat a large deep frying pan with olive oil. Add the onion, crushed garlic, chilli powder, cumin and cinnamon and fry gently (3-4 minutes) over medium heat or until onions are soft.

3. Add aubergine, tomatoes and chickpeas along with the stock. Cover with a lid

and simmer over medium to low heat (approx. 15 - 20 minutes) or until aubergines are tender.

4. Uncover and give it a good stir. If the stew looks very 'soupy', let the liquid bubble away for a few more minutes without the lid.

5. Season to taste.

To serve

This is a moderately hot dish and spices listed can be adjusted accordingly to your own taste.

Serve over rice, pasta, couscous or even toast