



Aubergine Chickpea Curry & Coconut Rice



Ingredients

Serves 2

1 Aubergine
 1 Onion (diced)
 2 Cloves Garlic (Crushed)
 1 400g Can Chickpeas
 1 Bunch Fresh Coriander
 25g Desiccated Coconut
 150g Brown Basmati rice
 1 tbsp Madras Curry Powder
 1 tbsp Black Onion (Nigella Seeds) sold at Town & Country Weigh
 1 400g Can Chopped Tomatoes
 1 tbsp Bartie's Sussex Faire Red Onion Chutney sold at Crates, Horsham
 100ml Vegetable Stock for sauce and frying
 Plain Coconut Yoghurt topping (optional)

METHOD

- Bring a large saucepan of water to boil. Add a cup full of brown rice and simmer until soft (about 25 minutes). Once cooked put a lid on and allow to sit.
- Whilst rice cooks. Heat up a frying pan, add the coconut to dry pan and toast for 2-3 minutes until just brown (keep an eye on it as it turns very quickly!) Put the toasted coconut to one side.
- Next chop up the aubergine into four long strips, then chop widthways into four chunks.
- Add the same pan onto high heat and add a few tablespoons of stock. Fry the aubergine for 6-8 minutes, then add in chopped onion.
- Lower heat to medium, cook onions for a few minutes, add garlic (crushed in a garlic press or grated), madras curry powder and half the black onion seeds.
- Cook for 1 minute, then stir in the chopped tomatoes and the red onion chutney.
- Pour in remaining stock and drained chickpeas. Simmer uncovered until thickened.
- Add the finely chopped coriander to curry sauce.
- Once rice is cooked, drain, and return to saucepan, stir in coconut and remaining black onion seeds.

Serve with a spoonful of cooling coconut yogurt and serve.

Extra : I also like to keep a box of Sharwoods Low Fat poppadums in the cupboard. You can cook two at a time in the microwave for 2 minutes. So, you'll always have fresh poppadums that the whole family will love to dip in to!

