

Roasted Aubergine & Tomato Stew

Serves 4

2 tbsp. olive oil
2 medium aubergines, cut into bite-size pieces
2 cups (330g) cherry tomatoes
14oz. (400g) can chopped tomatoes
14oz. (400g) can chickpeas, drained
1 medium onion, chopped
2 cloves garlic, chopped
4 tbsp. tomato puree
1 tbsp. apple cider vinegar
2 tsp. mixed herbs
handful parsley, chopped

What you need to do

1. Pre-heat the oven to 400°F (200°C). Place the cut aubergine into a baking dish and drizzle with 1 tbsp. olive oil and season with salt. Cook in the oven for 40 minutes until soft.
2. In the meantime, heat the remaining 1 tbsp. oil in a large skillet over medium heat.
3. Add the onion and garlic, season with salt and pepper, and cook for 5-6 minutes until soft—then add in the mixed herbs, tomato puree, and cook for another 2 minutes.
4. Next, add in the chopped tomatoes, vinegar, chickpeas, and cherry tomatoes. Bring to boil, then reduce heat and continue simmering until the aubergine is ready.
5. Once the aubergine is soft, add into the tomato sauce and mix well. Serve with rice and chopped parsley.



| GF | DF | MP | V | | | | | | |
|----|----|----|---|--------|---------|------|---------|----------|------------|
| | | | | Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) |
| | | | | 5 mins | 50 mins | 260 | 9 | 34 | 10 |

*Nutrition per serving

