

CHEERS

tops!

OVEN-ROASTED AUBERGINE ROGAN JOSH

INGREDIENTS

Serves 4

Ready in 45 minutes

2 medium aubergines, cut into 2 cm cubes

1 red onion, roughly chopped

olive oil

1–2 Tbsp Rogan Josh paste

1 can chickpeas, drained and rinsed

1 can chopped tomatoes

1 tsp sugar

2 large handfuls baby spinach, roughly chopped

Salt and black pepper, to taste

METHOD

Preheat the oven to 200°C. Add the aubergines and red onion to a shallow roasting dish, drizzle with a little olive oil and roast for 15 minutes, or until golden.

Remove from the oven and stir through the curry paste. Add the chickpeas and tomatoes, and sprinkle over the sugar. Return to the oven to roast for another 20 minutes, stirring from time to time.

Remove from the oven, stir through the spinach and season to taste. Serve immediately in warmed bowls with the sides of your choice. To serve (optional)

Basmati or cauliflower rice + naan bread or my Quick Roti (p. 158) + dollop Greek yoghurt+ fresh coriander

Note: For extra protein, cut 300 g firm tofu or paneer into cubes and fry until golden. Stir through just before serving.

Flexitarian Footnote: Add a few seasoned skin-on chicken thighs along with the aubergine.