

EGGPLANT & CHICKPEA CASSEROLE

Wheat-free Gluten-free Dairy-free

A warm, nourishing casserole that is perfect for enjoying in cooler weather. Chickpeas are beneficial to the pancreas, stomach and heart and contain more iron than other legumes. Eggplant is valued in Traditional Chinese Medicine for its property of promoting healthy blood circulation and reducing swelling.

Ingredients:

- 750g eggplant, cut into 1cm cubes
- 2 medium carrots, sliced thickly
- 425g tomatoes (1 can)
- 2 cups cooked chickpeas (canned is fine)
- 2 large onions, roughly chopped
- 2 cloves garlic, crushed
- 2 teaspoons ground cumin
- 2 teaspoons ground coriander seeds
- 2 teaspoons round turmeric
- Freshly ground black pepper
- A little extra virgin olive oil for cooking
- Extra water, if needed
- Fresh coriander, roughly chopped for garnish

Method:

Sprinkle eggplant cubes with salt, place in a colander and put a weight on top (eg. a heavy plate). Leave for about 30 minutes. Rinse and gently squeeze out any excess moisture.

Heat olive oil in a heavy saucepan or frying pan. Cook onions until lightly browned. Remove from pan.

Add eggplant to the pan in small batches and cook until crisp. Return all eggplant and onions to the pan, add garlic and stir through for a few minutes over the heat.

Add all other ingredients (and extra water if needed), cover and cook over a low heat for approximately 30 minutes, stirring occasionally.

Garnish with chopped coriander just before serving with brown rice.