

More than 1 hour

Serves 4

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Ingredients:

- 2 punnets (200g each) baby brinjals
- 1 Tbsp (15ml) olive oil
- 2 onions, chopped
- 4 cloves garlic, grated
- 4cm knob fresh ginger, grated
- 1 Tbsp (15ml) each crushed cumin seeds and coriander seeds
- ½ Tbsp (7ml) mustard seeds
- 2 tsp (10ml) smoked paprika
- 1 tsp (5ml) fennel seeds (optional)
- 1 stick cinnamon
- 1 packet (50g) tomato paste
- 1 can (400g) PnP Mediterranean-style chopped tomatoes
- 2-3 cups (500-750ml) vegetable stock
- Grated peel of 1 lemon
- ½ cup (125ml) mixed dried fruit

Chickpeas:

- 1 Tbsp (15ml) olive oil
- 1 can (400g) chickpeas, drained
- Juice (60ml) of 1 lemon
- ½ tsp (3ml) each ground coriander and cumin
- Handful chopped herbs like mint, parsley or coriander

For serving:

- Flaked almonds, pomegranate rubies, mint and coriander
- Couscous, rice or bulgur wheat

Method:

SWAP AND SAVE! If baby brinjals are a bit too much for your pocket, regular ones will work too. Simply chop them into 4cm chunks.

1. Halve baby brinjals and grill in a smoking-hot pan until charred on both sides.
2. Heat olive oil in a pot and fry onions until soft and golden.
3. Add garlic cloves, ginger, crushed spices, paprika and cinnamon sticks and fry for 2 minutes to create a fragrant paste.
4. Add tomato paste and cook for 1 minute.
5. Pour in chopped tomatoes, vegetable stock and simmer.
6. Add brinjals, lemon peel and mixed dried fruit.
7. Simmer for 15-20 minutes.
8. For chickpeas, heat a separate pan with olive oil and fry chickpeas with lemon juice, coriander and cumin until crispy and golden.
9. Remove from heat and toss in a handful of chopped herbs.
10. Stir chickpeas through stew just before serving.
11. Serve stew topped with flaked almonds, pomegranate rubies, fresh mint and coriander, a dollop of yoghurt with couscous on the side.