

Roasted aubergine and tomato curry

Lunch plant-based

Serves
10

Nutrition: protein, iron, dietary fat, carbohydrates, vitamin B6, fibre

Ingredients

- 600g aubergines, sliced into rounds
- 3 tbsp olive oil
- 2 onions, finely sliced
- 2 garlic cloves, crushed
- 1 can (400g) of cannellini beans
- 1 tsp garam masala
- 1 tsp turmeric
- 1 tsp ground coriander
- 400ml chopped tomatoes
- 600ml coconut milk
- pepper to taste
- ½ small pack coriander, roughly chopped

Method

Toss the aubergines in a roasting tin with 2 tbsp olive oil, season well and spread out. Roast in the oven at 180°C for 20 minutes or until dark golden and soft.

Heat the remaining oil in an ovenproof pan or flameproof casserole dish and cook the onions over a medium heat for five to six minutes, until they start to soften. Stir in the garlic and spices. Keep stirring for a few minutes, until the spices release their aromas.

Add the tomatoes, coconut milk and roasted aubergines and bring to a gentle simmer.

Simmer for 20 to 25 minutes, removing the lid for the final five minutes to thicken the sauce.

Add pepper to taste. Stir through most of the coriander and the tinned cannellini beans (if using raw beans always ensure they are pre-soaked and boiled to kill any toxins).

Serve over rice or with chapatis, scattering with the remaining coriander.

Known allergens*

None

Substitutions

None

*We have listed all known allergens, however, always check the nutrition label as some brands content may vary.



Department for Education

