

Quick Aubergine casserole

Serves 4

I use two pans on the hob to cut down the cooking time

2 Aubergines	1 tsp stock powder (or crumble half a stock cube)
1 large onion	1 tsp smoked paprika
2 cloves garlic	Pinch of chilli flakes
oil	2 handfuls of frozen beans or a can of white beans
Small piece of ginger, peeled and finely chopped	1 tbs tahini
Good pinch of salt and pepper	Fresh coriander or parsley
2 tsp tomato puree	

Sliced the aubergine into large chunks. Chop the onion reasonably finely.

Have two frying pans or large pans on the hob and heat up before pouring some oil to coat the pan bases. Fry the onions in one and the aubergine in the other. Let the Aubergine brown a bit.

When both veg are cooked, add them together . Crush and add the garlic and let it cook for half a minute before adding all the other spices and seasoning.

Stir for a couple of minutes then add the tomato puree, tahini and stock powder.

Add the beans and a cup of water. Stir and cover with foil or a lid. Let it all simmer for 10 minutes. Add a little more water if it gets too dry. Scatter with fresh herbs.

Serve with brown rice or on top of a baked potato.