

Lockdown 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 sweet potato, peeled and diced	1 tsp smoked paprika
1 large onion	1 tsp ground cumin
2 cloves garlic	1 tsp ground coriander
oil	Pinch of chilli flakes
Small piece of ginger, peeled and finely chopped	3 handfuls of frozen green beans
Good pinch of salt and pepper	1 tbs tahini or peanut butter
2 tsp tomato puree or ketchup	Salt and pepper
A cup of chopped tomatoes or passata	Fresh coriander or parsley

Sliced the aubergine into largeish 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. Gently fry the onions and sweet potato in one pan and the aubergine in the other. Let the Aubergine brown a bit.

Combine the veg in one pan. Crush and add the garlic and let it cook for a minute before adding all the other spices and seasoning.

Stir for a couple of minutes then add the tomatoes, 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.

*You could use a bag of cooked, frozen aubergine slices cut in pieces. Just add to onion and sweet potato once these have had time to soften.