

# Aubergine and Chickpea tagine

## Ingredients:

- 1 Red Onion, chopped
- Some olive oil
- 2 Carrots, chopped
- 2 Aubergines, cut into approx 2cm cubes
- 50 grams of dried sour cherries
- 1/4 of a preserved lemon, chopped
- 30 grams of raisins
- 200ml vegetable stock with a pinch of saffron
- 1 teaspoon ground coriander
- 1 teaspoon chilli flakes
- 2 teaspoons Ras el Hanout
- 1 tin or packet of Chickpeas
- 1/2 a tin of Tomatoes



## Method:

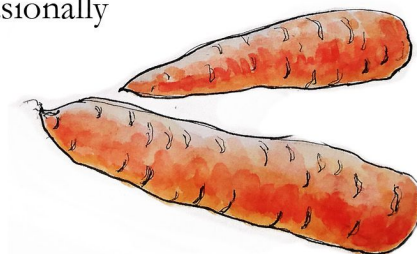


Heat the oil in a pan, add the chopped onion and cook gently

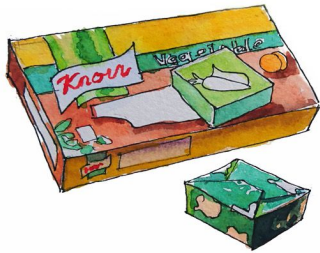
Put the aubergine in a separate hot dry pan to char the exteriors but not enough to soften them



After about 5 minutes of cooking the onions add the carrots and continue cooking, stirring occasionally



After about 10 minutes add the coriander, chilli and Ras el Hanout, stir in and cook for a few minutes before adding the stock



Add the cherries, raisins, preserved lemon, chickpeas and the half tin of tomatoes and bring to a simmer

Gently add the aubergine to the pan, cover and leave on a low heat for 30 minutes

