
Typ: Gemüse

Quelle: Nigel Slater; 10-min-cook, S. 217

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Bemerkungen: An Indian mixture, its spiciness depending on how many chillies you put in, which plays the crisp bite of the chick-peas off against the soft aubergine. A delightfully sloppy mixture, best scooped up with an Indian flatbread such as soft, warm chapatti or lighter puffy poori.

Zutaten FOR 2
1 x 400 g tin chick-peas
2 medium aubergines, cut into 2.5cm cubes
8 tablespoons olive oil
2.5 cm knob of fresh root ginger, peeled and grated
4 cloves of garlic, sliced
1 onion
1 hot green chilli pepper, seeded and chopped
1 teaspoon ground coriander
1 teaspoon ground cumin
1 x 400 g tin chopped tomatoes
225 g spinach, chopped roughly

Rezept: Rinse the chick-peas to get rid of the canning liquor. Fry the aubergine cubes in the oil till golden on the outside and tender within, about 10 minutes. Remove with a draining spoon.

If there is no oil left in the pan, then add a little more. When it is hot, add the ginger, garlic and chilli (plus onion), and fry for 1 minute, stirring constantly so that it does not burn. Add the coriander and cumin and cook for 30 seconds, taking care not to burn the spices — lower the heat if you have to. Add the tomatoes and their juice, chick-peas and about 225 mL water. Bring to the boil and turn down to a simmer.

Cook for 15 minutes, add the spinach and bring to the boil, cook for a further minute or two till the spinach is tender. Season with salt and pepper, and serve hot.