

BURNT AUBERGINE CHILLI

I first made this recipe when I need a plant based dish for a family gathering. I've reduced the ingredients used so it serves 4 rather than 8 but feel free to double up if you are cooking for a large group or want a stash for the freezer.

I served mine with a mix of brown rice and quinoa for added protein and fibre but it can easily be used in place of a meat chilli. Think nachos, jacket potatoes, tacos shells or sweet potato wedges.

Servings 4 | Prep 10 minutes | Total time 2 hours

300 calories | 15g Protein | 35g Carbs | 8g Fat

Ingredients

1 tbsp rapeseed oil
1 aubergine
1 red onion, diced
2 carrots, diced
½ can green lentils
1 can kidney beans
30g red lentils
1 can chopped tomatoes
3 tbsp Henderson's relish or dark soy sauce
20g dark chocolate
1/4 chilli powder
2 tsp paprika
2 tsp cumin
2 tsp oregano
1 tsp coriander
1 tsp cinnamon
800ml veg stock
½ lime, juiced

Directions

1. First charr the aubergine skin, this can be done by holding it with tongs over a gas ring on your cooker or under an electric grill on a high heat, turning regularly. Once the skin is blackened, allow to cool before peeling, removing the stalk and chopping the softened flesh.
2. Heat the oil in a large pan over a medium heat and add the onion and carrots. Cook gently for about 15-20 minutes so that the vegetables have softened.
3. Add the spices, beans, lentils, tomatoes, aubergine, Henderson's relish, stock and chocolate too the pan and bring up to the boil. Cover the pan and allow the chilli to simmer for about an hour and half, stirring regularly to prevent it from catching on the bottom.
4. Remove the lid and cook for a further 15 minutes so that the sauce can thicken. Add the lime juice before serving with your choice of side.

This will keep in the fridge for up to 3 days and the freezer for 3 months.