



AUBERGINE & CHICKPEA CURRY

Ingredients:

- 2 tbs Mama Dor's Chana Masala Spice Blend
- 2 aubergines, chopped into cubes
- 1 can chickpeas, drained
- Handful of frozen peas
- 1 large onion, chopped finely
- 3 tbs extra virgin olive oil
- 250g natural yoghurt
- 1/2 tube tomato puree
- 2-3 green chillies, sliced in half (optional)

Method:

In a large deep frying pan, fry the onion in olive oil, until golden brown. Take off the heat and add the Mama Dor's Spice Blend, the yoghurt, the tomato puree, and stir well. Put the pan back on the heat on a low temperature and allow the spice blend to cook a little. At this stage, add about 100ml of water (more if you want it saucier). Stir continuously until the sauce is bubbling and you start seeing the oil separating in pockets of bubbles.

Add the aubergines, chickpeas and peas. Stir well and ensure the veg is covered, adding more water if required. Cover and leave to cook on a low heat for 45mins to an hour, until the aubergines are nicely cooked and soft. Enjoy with warm naan bread or fresh chapatis.