

NDUJA AUBERGINE & CHICKPEAS (makes six portions)

225 g sour cream (recipe below)

170 g rehydrated sun-dried tomatoes in oil (or pesto)

5 garlic cloves

1 red chilli

3 tsp smoked paprika

1.5 tbsp red wine vinegar (or balsamic)

2 tbsp miso paste

1 tsp sweetner (eg agave syrup)

1 large red onion

2 medium aubergine

1 red pepper

600 g tomatoes

2 cups chickpeas (soaked overnight & pressure cooked for 20 mins) or 3 tins

400 g mushrooms

vegetables (your choice - I used 200 g broccoli (2 mins), 200 g red cabbage (3 mins), carrot (4 mins), curly kale (2 mins))

basmati rice (just under 1 cup for 2 portions)

90 g fresh parsley (optional)

Make the sour cream, by blending all the ingredients and then refrigerating.

Blend the **sun-dried tomatoes, garlic, chilli, paprika, vinegar, miso** and **sweetner** to make a smooth **nduja paste** (add more oil if necessary) and save.

If you are pressure cooking the **chickpeas** you can do the **vegetables** simultaneously (cooking times in brackets) and save to a bowl.

Sauté the **red onion, aubergine** and **red pepper** until they turn golden brown.

Add the **nduja paste**, drained **tomatoes** and **chickpeas**.

Add the **mushrooms** and vegetables, bring to a gentle simmer and cook for 10-15 minutes, or until sauce has thickened. You can add the drained tomato juice as required.

Serve with **rice**, topped off with the **parsley** and drizzled with **sour cream**.

sour cream recipe

1 cup cashews (soaked overnight)

water

1 tbsp lemon juice (add more if necessary)

1 dsp apple cider vinegar

½ tsp mustard

1 tbsp olive oil