

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)

1.5 tbsp **lemon juice** (add more if necessary)

1.5 dsp **apple cider vinegar**

1 tsp **mustard**

1.5 tbsp **olive oil**

Blend together, adding water if necessary, until thick and smooth.