

Cumin Roasted Aubergine

Stuffed with Quinoa Tabbouleh

Roasted aubergine is an absolute dream for a veggie-based meal. I love Middle Eastern-inspired flavours because the spices really bring heat to the dish. The smoky aubergine feels filling and meaty, and you're getting a tasty bit of protein from the quinoa.

Serves 2

2 large aubergines
4 tbsp coconut oil
or melted butter
1 tbsp ground cumin
2 tsp ground coriander
¼ tsp turmeric
1 tsp chilli powder
1 green chilli, deseeded
and finely chopped
salt, to taste

For the quinoa tabbouleh

100g quinoa
2 tbsp chopped
fresh parsley
juice of ½ lemon
1 tbsp olive oil
1 beef tomato, diced
salt, to taste

Preheat the oven to 200°C/400°F/gas mark 6.

Slice the aubergines in half and score them on the inside. Rub in the coconut oil, spices, green chilli and salt. Place the aubergine halves on a roasting tray and put in the oven. Roast for 45–50 minutes until completely softened. You want the texture to melt in your mouth.

Meanwhile, rinse the quinoa in a sieve and place in a pot with 250ml of water. Bring to a boil, then turn it down to a simmer and cook for 12 minutes, until cooked through and the water has been absorbed. Mix the quinoa with the parsley, lemon juice, olive oil, tomato and a good pinch of salt.

Take the aubergines out of the oven and top with the quinoa tabbouleh. Serve and enjoy.