Aubergine and Peanut Tomato Stew

3 stew portions · Active 20 min · Total 45 min

Skills: Easy

Ingredients

- 1 tablespoon neutral oil (15 ml)
- 1 small onion, diced (100 g)
- 1 medium aubergine, cut into 3/4-inch cubes (350 g)
- 2 garlic cloves, minced
- 1 tablespoon grated ginger (10 g)
- 1 teaspoon ground cumin
- 1/4 teaspoon chile flakes
- 1 can chopped tomatoes (14.5 oz/411 g)
- 1 cup vegetable stock (240 ml)
- 1 can chickpeas (15 oz/425 g), drained and rinsed
- 3 tablespoons plain smooth peanut butter (48 g)
- 1/4 teaspoon fine salt
- 1 tablespoon lime juice (15 ml)
- 2 tablespoons chopped cilantro

Set out

3-quart saucepan with lid, Small heatproof bowl, Wooden spoon

Allergens

Peanuts. Check labels and substitutions.

Make it

1. Heat oil in the saucepan over medium heat. Cook onion for 5 minutes, then add aubergine and cook for 5 minutes, stirring.

2. Add garlic, ginger, cumin and chile flakes and stir for 30 seconds. Add tomatoes, stock, chickpeas and salt.

3. Bring to a gentle simmer, cover partly and cook for 18–22 minutes until the aubergine is very soft, stirring periodically.

4. Mix peanut butter with 3 tablespoons hot liquid from the pot in the small bowl. Stir back into the stew and simmer for 2 minutes. Add water if needed for a spoonable consistency.

5. Remove from heat and add lime juice and cilantro. Serve in three bowls.

A sauce that carries well

The stew reheats well with a little water because the peanut butter helps keep the sauce cohesive. Pack a cooled portion in a shallow microwave-safe box and stir thoroughly during reheating to avoid a cold center.

A useful detail

Use a heavy-based pan if possible; thick peanut sauces can catch over a concentrated small burner.

Keep it well

Refrigerate in shallow covered containers within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below for up to 3 days. Reheat to 165°F/74°C, stirring and loosening with water as needed.