Chickpeas in a Soft Eggplant Sauce

2 bowls, each with half the chickpea-eggplant sauce and half the brown rice · Active 30 min · Total 1 hr 20 min

Skills: Beginner with ordinary kitchen equipment

Ingredients

- 1 medium eggplant/aubergine, trimmed and cut in 2 cm/3/4-inch cubes (350 g raw, skin on)
- About 1 3/4 cups canned chickpeas, well drained (300 g edible)
- 1 can crushed tomatoes (400 g/about 14 oz), including juice
- 1 medium onion, finely diced (100 g)
- 2 garlic cloves, minced (6 g)
- 1 tablespoon olive oil (15 ml/about 13.5 g)
- 1 teaspoon ground coriander seed (2 g)
- 1/2 teaspoon ground cumin (1 g)
- 3/4 cup drinking water (180 ml), plus up to 120 ml if needed for eggplant
- 1/2 cup dry long-grain brown rice (100 g)
- 4 cups drinking water (1 litre), for boiling and draining rice
- 1 tablespoon finely chopped parsley (5 g)
- 1/4 teaspoon fine salt (1.5 g)
- 1/8 teaspoon black pepper (0.3 g)

Set out

28 cm/11-inch deep nonstick skillet with lid, 2-litre/2-quart saucepan, Sieve, Wooden spoon, Knife and board, Kitchen scale, 2 bowls

Allergens

No major US allergens intentionally added; check canned chickpeas and spice labels for added ingredients. Check labels and substitutions.

Make it

1. Bring rice-cooking water to a boil. Add rinsed brown rice and boil gently uncovered for its packet time, usually 30–45 minutes, until tender through the center; top up with drinking water if needed. Drain and stand covered off the heat for 5 minutes.

2. Meanwhile heat oil in the deep skillet over medium heat. Soften onion for 5 minutes, add eggplant and cook for 7–8 minutes, turning. Stir in garlic, coriander and cumin for 30 seconds.

3. Add 180 ml water, cover and simmer gently for 12–15 minutes, stirring once or twice, until eggplant cubes crush easily. Add some of the extra water if the pan dries before they soften.

4. Add canned drained chickpeas, tomatoes, salt and pepper. Simmer uncovered for 12–15 minutes until the sauce thickens and all ingredients are hot. Crush a few eggplant pieces against the pan with the spoon and fold in parsley.

5. Divide rice and the full chickpea-eggplant sauce equally between 2 bowls and serve promptly.

A useful kitchen skill

Use pressure from a spoon to test the center of an eggplant cube. A browned surface can hide a raw, springy interior.

A useful detail

The 80-minute total allows proper eggplant softening and a full brown-rice cooking window, overlapping the two pans. The estimate uses canned drained chickpeas and 100 g dry brown rice.

Keep it well

Refrigerate promptly in shallow containers, ideally within 1 hour for rice and always within 2 hours, or 1 hour above 90°F/32°C. Keep at 40°F/4°C or below, use within 24 hours of the rice's original cooking and reheat only once to 165°F/74°C throughout. Keep the rice deadline attached even if sauce is added later.