

## **Curry Eggplant Chickpeas**

Serves 4

1 eggplant, cut into cubes

1 onion, cubed

Sea salt

1 tbsp curry powder

1 tbsp tamari

Oil

2x 400g can chickpeas, drained + rinsed

2 heaped tbsp coconut yoghurt

1/4 cup water

Sea salt + pepper

Fresh coriander, roughly chopped

### **Method:**

Heat a pan over the induction and add a good drizzle of oil.

Add the eggplant, onion + salt and sauté until both are nice and soft + golden. Just at the end, add the curry powder + tamari.

Then add the chickpeas, coconut yoghurt, water, extra salt + pepper. On a medium heat, allow it to simmer for ~5mins. Remove from the heat and enjoy hot or cold. Serve with fresh coriander on top.

Delicious served with some fresh stir fried greens and/ or a grain e.g. quinoa, millet, freekeh, brown rice.