

# Aubergine and Tomato Bake

*Suitable for Vegans and Vegetarians*

## Ingredients

- 4 aubergines, cut into 5mm-1cm slices
- 3 tbsp vegetable oil
- 2 tbsp coconut oil
- 2 large onions, chopped
- 3 garlic cloves, crushed
- 1 tbsp black mustard seeds
- ½ tbsp fenugreek seeds
- 1 tbsp garam masala
- ¼ tsp hot chilli powder
- 1 cinnamon stick
- 1 tsp ground cumin
- 1 tsp ground coriander
- 2 x 400g cans chopped tomatoes
- 200ml coconut milk
- sugar to taste
- small bunch coriander, roughly chopped



## Method

1. Heat oven to 220C/200C fan/gas 7. Generously brush each aubergine slice with vegetable oil and place in a single layer on a baking tray, or two if they don't fit on one. Cook on the low shelves for 10 mins, then turn over and cook for a further 5-10 mins until they are golden.
2. Reduce the oven to 180C/160C fan/gas 4.
3. Heat the coconut oil in a large, heavy-based frying pan and add the onions. Cover and sweat on a low heat for about 5 mins until softened.
4. Add the garlic, mustard seeds, fenugreek seeds, garam masala, chilli powder, cinnamon stick, cumin and ground coriander. Cook for a few seconds.
5. Pour the chopped tomatoes and coconut milk into the spiced onions and stir well. Check the seasoning and add a little sugar, salt or pepper to taste.
6. Spoon a third of the tomato sauce on the bottom of a 2-litre ovenproof dish. Layer with half the aubergine slices. Spoon over a further third of tomato sauce, then the remaining aubergine slices, and finish with the rest of the sauce.
7. Bake for 25-30 mins. Serve garnished with coriander.

*Adapted from BBC Good Food*