

# Pan-roasted Cauliflower with Spiced Aubergine

Total time **50 mins** 15 mins preparation time 35 mins cooking time

## INGREDIENTS

4 portion(s)

<b>5</b>	aubergines
<b>4 tbsp</b>	rapeseed oil
<b>1 tsp</b>	turmeric
<b>4 tbsp</b>	Kikkoman Naturally Brewed Soy Sauce
<b>1 tsp</b>	ground cumin
<b>1</b>	clove garlic, crushed
<b>5 g</b>	fresh ginger, grated
<b>1</b>	cauliflower, cut into large florets
<b>60 ml</b>	rapeseed oil
<b>100 g</b>	chickpeas, cooked or from a tin
<b>1 tsp</b>	tomato puree
<b>1 tsp</b>	paprika
<b>0.5</b>	pomegranate

## PREPARATION

### Step 1

Preheat the oven to 200 ° C.

### Step 2

Cut the aubergines in halve lengthways. Score the flesh with a knife and brush over 3 tbsp of rapeseed oil. Place on a baking sheet lined with baking paper and bake in the oven for about 20-25 minutes. Then remove the soft flesh from the skin with a spoon and place in a bowl. (Be careful, the aubergines are still hot). Mix the flesh with turmeric, 2 tbsp Kikkoman soy sauce, cumin, garlic and ginger.

### Step 3

Fry the cauliflower florets in a pan with 60 ml of rapeseed oil for 10 minutes or until cooked. Season with 2 tbsp Kikkoman soy sauce.

### Step 4

Put the chickpeas in a colander and rinse under cold water. Fry in a pan with 1 tbsp rapeseed oil for a few minutes. Season to taste with tomato puree and paprika.

### Step 5

Remove the pomegranate seeds from the fruit. Serve the pan-roasted cauliflower with chickpeas, spiced aubergine and pomegranate seeds