

Pan-roasted Cauliflower with Spiced Aubergine

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

INGREDIENTS

4 portion(s)

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