

EGGPLANT AND CHICKPEA STEW WITH RED WINE REDUCTION

SERVES 4

PREP 15 MIN | 40 MINS

Ingredients

- 1 large eggplant, diced (about 500g)
- 1 can (400g) chickpeas, drained and rinsed
- 1 large onion, finely chopped
- 3 cloves garlic, minced
- 1 red bell pepper, diced
- 400g canned diced tomatoes
- 1 tsp ground cumin
- 1 tsp paprika
- 1 tsp ground coriander
- 1/2 tsp chili flakes (adjust to taste)
- Salt and black pepper to taste
- 2 tbsp olive oil
- Fresh parsley for garnish

FOR THE RED WINE REDUCTION:

- 250ml Nero d'Avola wine
- 1 tbsp balsamic vinegar
- 1 tbsp maple syrup
- Salt to taste

Method

1. Heat olive oil in a large pot over medium heat. Add chopped onion and sauté until softened.
2. Add minced garlic, diced eggplant, and red bell pepper. Cook for 5-7 minutes until vegetables begin to soften.
3. Stir in ground cumin, paprika, ground coriander, and chili flakes. Cook for an additional 2 minutes.
4. Add chickpeas and canned tomatoes. Season with salt and black pepper. Bring to a simmer and let it cook for 25-30 minutes, stirring occasionally.
5. In a separate saucepan, combine wine, balsamic vinegar, and maple syrup.
6. Bring to a gentle simmer and let it reduce by half. Season with a pinch of salt.
7. Ladle the eggplant and chickpea stew into bowls.
8. Drizzle the red wine reduction over the stew.
9. Garnish with fresh parsley.

