

RECIPES – Week 1

Harissa Roasted Aubergine with Pomegranate, Pistachios, Olives & Rice by Jamie Oliver

1 HOUR

Serves 4

Ingredients

2 Red Onion
4 Cloves of Garlic
Olive Oil
1 Teaspoon Cumin Seeds
300g Brown Rice
1.4l Really Good Veg Stock
2 Large Aubergine
4 tsp Harissa
2 tsp Rose Water
12 Olives (stone in)
400g Ripe Cherry Tomatoes
2 tbsp Balsamic Vinegar
4 tbsp Fat-Free Natural Yogurt
1 Pomegranate
60g Shelled Pistachios
8 Sprigs Fresh Coriander

Method

Peel & finely slice the onion and garlic and place in a large shallow casserole pan on a medium-high heat with 1 tablespoon of oil, the cumin seeds and a splash of water. Cook for 5 minutes, or until softened, stirring regularly. Stir in the rice, pour in the stock and bring to the boil, then cover and simmer for just 10 minutes.

Halve the aubergine, lightly score a criss-cross pattern into each cut side and sprinkle with a pinch of sea-salt. Loosen the harissa with the rose water then spread over each scored aubergine half and lay them on the rice, harissa side up. Cover the pan again and simmer on a medium-low heat for 20 minutes. Preheat the oven to 180.

Meanwhile, de-stone the olives and tear into a bowl. Halve and add the cherry tomatoes, then toss both with balsamic vinegar. When the time is up on the aubergine, remove the cover and sprinkle the dressed olives and tomatoes in and around the pan.

Transfer to the oven, uncovered, for 30 minutes, or until the rice is cooked through, the liquid has evaporated and the aubergine is beautifully gnarly and looks delicious.

To serve, spoon over the yogurt. Hold the pomegranate half cut side down in your fingers and bash the back so the sweet jewels tumble over the top, chop and scatter over the pistachios, pick over the coriander leaves and enjoy.