

Harissa and herb aubergine with bulgur

Takes about 40 minutes, serves 2 and uses 2 baking sheets and a mixing bowl

INGREDIENTS

2 large, firm, shiny aubergines
75g wholemeal bulgur wheat
1 tablespoon harissa
4 tablespoons olive oil
1 Lemon, juice
1 garlic clove, crushed
17g Mint leaves, roughly chopped
17g Coriander leaves, roughly chopped

DIRECTIONS

Preheat your oven to it's highest setting (probably about gas mark 9, 500°F, 250°C).

Cut the aubergines in half lengthways, then slice into 1.5cm thick pieces, so you end up with lots of semi-circular chunks. Put in a bowl and toss with 1 tablespoon olive oil (you can use this bowl again to mix it at the end)

Lay greaseproof paper on one or two baking sheets (dependent on size) and stand all of the aubergine slices up on their skin, with a gap between them all. By standing them up and giving them space, you allow the heat of the oven to circulate over the flesh and cook the aubergine more effectively.

Place in the oven for about 25 minutes, or until nicely browned - this will depend on your oven so keep an eye on them.

Meanwhile, cook the bulgur as per the pack instructions.

Mix the harissa, 3 tablespoons olive oil, lemon juice and garlic together in a glass/jar/shaker.

When the aubergine is cooked, place it in a large bowl, add the bulgur, stir, then add the dressing and herbs and mix gently.

