



Roast aubergines with coriander chimichurri

Chimichurri isn't just good for steak! Here, it packs a punch over tender roasted aubergine, and a shortcut grain mix makes this a very easy weeknight dinner.

Vegan

Healthy

High fibre

1 of your 5 a day

9 plant varieties

Serves
4

Course
Main meal

Prepare
15 mins

Cook
40 mins

Total time
55 mins

Ingredients

4 aubergines

8 tbsp olive oil

100g pack coriander, leaves and stems roughly chopped

3 sprig/s oregano, leaves picked

4 tsp red wine vinegar

1 small clove garlic, roughly chopped

1 red chilli, deseeded if you like, roughly chopped

2 x 300g packs wheatberries, lentils & green vegetables

Dairy-free yogurt or natural Greek yogurt, to serve (optional)

Method

1 Preheat the oven to 200°C, gas mark 6. Cut the aubergines in half lengthways and score the flesh in a diamond pattern. Lay them on a baking tray, cut-side up and drizzle ½ tbsp oil over each half, allowing it to sink in. Season with salt, then roast for 40 minutes, until cooked and collapsing.

2 Meanwhile, make the chimichurri. Put the coriander, oregano, vinegar, garlic and chilli into a food processor and season with salt. Whizz until finely chopped. Stir through the remaining oil and set aside.

3 When the aubergines are nearly cooked, heat the wheatberry mix according to pack instructions. Divide between plates and let it cool a little (or to room temperature).

4 Add 2 aubergine halves to each plate, then spoon over the chimichurri and serve with a dollop of yogurt, if using.

Cook's tip

Using the stems of soft herbs like coriander and basil adds extra flavour and saves waste.

Nutritional

Typical values per serving when made using specific products in recipe

Energy	1,952kj/ 470kcal
Fat	30.2g
Saturated Fat	4.3g
Carbohydrates	29.3g
Sugars	6.7g
Fibre	17.1g
Protein	11.7g
Salt	1.6g