

Vegetarian Grilled Aubergine with Spiced Hummus and Mini Veggie Balls



aroma
KITCHEN

INGREDIENTS

SPICED HUMMUS

200g tin cooked chickpeas, drained
1 tbsp tahini
Squeeze lemon juice
1 clove garlic
1 tsp cumin
1 tsp smoked paprika
1 tsp harissa paste
Salt and pepper
2 tbsp extra virgin olive oil

VEGGIE BALLS

200g cooked tinned chickpeas
2 cloves garlic
1 tsp cumin
2 tbsp chopped fresh coriander
Salt and pepper
1 egg yolk
200g Quorn Vegetarian mince
2 tbsp breadcrumbs

ALSO NEEDED

10 cherry tomatoes, halved
1 tsp garlic granules
Good drizzle olive oil
1 medium aubergine
150ml natural yogurt
1 heaped tsp tahini
Coriander leaves



METHOD

- 1 Blitz all the hummus ingredients together and put in the fridge to chill. Next, cut the aubergine in half, score the top on a lattice design with a sharp knife and place onto a baking tray. Also, lay the tomato halves on the tray, cut side up.
- 2 Drizzle with olive oil and sprinkle over the garlic granules. Season well with salt and pepper and roast in the oven for 20-25 minutes. Meanwhile, make the veggie balls. Place the chickpeas, garlic, cumin, coriander and salt and pepper in a food processor and blitz together.
- 3 Add in the egg yolk if using, along with the vegetarian mince and breadcrumbs and blitz together well. Form into small balls and fry gently on a large pan to brown all over and cook through. To serve, spoon the spiced hummus on one side of your serving plates and place the aubergine to decorate.
- 4 In a bowl, mix together the natural yogurt, 1tbsp tahini and season with salt and pepper. Drizzle over the veggie balls and aubergine and serve immediately