

## Aubergine Stew

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Great alternative to meat for all the family

Tasty and easy one pot meal.



### Ingredients

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- 1 aubergine
- 1 tbsp of olive oil
- 100g carrots
- 1 tin of tomatoes
- 1 tsp of cinnamon
- 1 tsp of paprika
- 1/2 tsp of nutmeg
- 150g walnuts
- 150g of sharply flavoured cheese (if vegan you can use alternative vegan cheese) but I used Manchego.

## Method

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Chop the vegetables and walnuts

Fry the spices in the oil to release their flavour.

Add the vegetables to a casserole dish with the tomatoes and mix in the spices and add salt to taste.

Cook for 1 hour at gas mark 6, 200° C

Crumble the cheese, sprinkle on the top of the casserole and grill to melt

Serve with crusty bread (gluten free or otherwise for those following a low FODMAP or gluten free diet.)