

Aubergine & Chickpea Penne



Serves 4

Large pinch of saffron threads
450ml/16 fl oz vegan stock
2 tbsp olive oil
1 large onion, roughly chopped
1 tsp cumin seeds, crushed
350g/12 oz aubergine, diced
1 large red pepper, deseeded and chopped
400g/14 oz canned chopped tomatoes with garlic
1 tsp ground cinnamon
30g/1 oz fresh coriander, roughly chopped
400g/14 oz canned chickpeas, drained and rinsed
280g/10 oz vegan dried penne
Salt and pepper
Harissa or chilli sauce, to serve

Recipe from
'100 Everyday
Recipes: Vegan' part of
Parragon Books' range
of Love Food cookbooks:
[www.parragon.com/
lovefood](http://www.parragon.com/lovefood)

1 Toast saffron threads in a dry frying pan set over a medium heat for 20–30 seconds. Place in a small bowl and crumble with your fingers. Add 2 tablespoons of the hot stock and set aside.

2 Heat the oil in a large saucepan. Add the onion and fry for 5–6 minutes. Add the cumin and fry for a further 20–30 seconds, then stir in the aubergine, red pepper, tomatoes, cinnamon, coriander stalks, saffron liquid and remaining stock. Cover and simmer for 20 minutes.

3 Add the chickpeas to the saucepan and season to taste with salt and pepper. Simmer for a further 5 minutes, removing the lid to reduce and thicken the sauce if necessary.

4 Meanwhile, bring a large saucepan of lightly salted water to the boil. Add the pasta, return to the boil and cook for 8–10 minutes, or until tender but still firm to the bite. Drain and transfer to a warmed serving bowl. Add the sauce and half the coriander leaves, then toss. Garnish with the remaining coriander and serve immediately with the harissa or chilli sauce.

For more information go to vegansociety.com. Our website provides all of the resources needed to make the transition to a vegan lifestyle. Discover more great recipes, find out more about veganism, and begin your vegan journey today!

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The Vegan Society

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