

Vegetable and Chickpea Bake

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This simple veggie bake will feed a crowd and will satisfy veggies and carnivores. Try experimenting with the herbs and spices you add to make this bake your own.

Ingredients:

1 x 400g tin chopped tomatoes
1 x 400g tin cooked chickpeas, drained and rinsed
200ml chicken stock
1 aubergine
1 onion
1 garlic clove
1 carrot
200g cherry tomatoes
2 tsp. dried oregano
1 tsp. dried basil
1 tsp. dried marjoram
4 slices white baguette
4 tbsp. parmesan cheese
Handful fresh basil leaves
Olive oil

Directions:

1. Peel and finely dice the onion, carrot and garlic clove. Cube the aubergine. Halve the cherry tomatoes.
2. Heat the oven to 180C. Fry the carrot, aubergine and onion together in a little oil for 5 minutes until softened and starting to brown. Add the garlic, tomatoes, chicken stock and all of the herbs, reserving 1 tsp. of the oregano. Stir well to combine. Bring to the boil then simmer for 15 minutes until thick and the vegetables soft.
3. Add the chickpeas and cherry tomatoes for the final 2-3 minutes of cooking.
4. Tip the mixture into a baking dish. Brush the bread with a little extra oil and place on top of the bake. Top the bread with the remaining oregano and the parmesan. Bake for 15 minutes until the bread is golden, then scatter with basil.

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