



Royal
Botanic Garden
Edinburgh

Botanic Cottage Community Cook Club Concluding Blog 2021

A simple supper

Aubergine and black bean chilli

This versatile chilli isn't spicy but you can up the heat by adding a sliced chilli to the garlic and herbs, or serve with optional chilli flakes or hot sauce.

Enjoy with rice, flatbreads or a baked potato.



Serves 4 generously

Ingredients

1 aubergine
1 onion
2 peppers, any colour
3 cloves garlic
1 tsp ground coriander
2 tsps smoked paprika
2 tins black beans
1 tin chopped tomatoes
Olive or vegetable oil, salt
Fresh coriander (optional)

You will need a chopping board and a knife, a large saucepan and a spoon.

Method

1. Roughly dice the onion and aubergine. Deseed the peppers and roughly chop. Slice the garlic.
2. In a large saucepan heat 1 tbsp oil. When hot add the onions and cook for a few minutes until starting to soften.

3. Add the chopped aubergine and peppers. Cook for a further 5 minutes or so until all the vegetables are tender.
4. Add the sliced garlic, ground coriander and smoked paprika. Cook for a minute until you can smell the herbs.
5. Drain the beans and add them to the pan along with the tinned tomatoes and a generous pinch of salt.
6. Simmer for 20 minutes.
7. Season to taste and garnish with fresh coriander if using.