

Smoky chana dal with aubergine

Total time **85 mins** 20 mins preparation time 45 mins cooking time 20 mins proving time

Nutritional facts (per portion):
3,631 kJ / 868 kcal

Fat: **36 g** Protein: **25 g**
Carbohydrates: **114 g**

INGREDIENTS

2 portion(s)

Dal:

150 g chana dal (hulled chickpeas)
600 ml vegetable stock
1 bay leaf
1 whole head of garlic
1 tbsp vegetable oil
1 tbsp clarified butter (ghee)
40 g red onion, sliced into thin strips
200 g aubergine, cut into medium cubes
0.5 tsp cumin seeds
0.5 tsp ground turmeric
0.5 tsp coriander seeds
0.5 tsp smoked sweet paprika
200 ml tomato passata
2 tbsp [Kikkoman Naturally Brewed Soy Sauce](#)

Naan:

200 g wheat flour
20 g additional flour for dusting
0.5 tsp baking powder
0.5 tsp bicarbonate of soda
40 ml milk, lukewarm
75 g plain yoghurt
Additional:
2 garlic cloves, chopped
40 g clarified butter (ghee)
1 tsp coriander, chopped
40 g red onion
Fresh coriander leaves

PREPARATION

Step 1

1 whole head of garlic - **1 tbsp** vegetable oil - **150 g** chana dal (hulled chickpeas) - **600 ml** vegetable stock - **40 g** red onion, sliced into thin strips - **200 g** aubergine, cut into medium cubes - **1 tbsp** clarified butter (ghee) - **0.5 tsp** cumin seeds - **0.5 tsp** ground turmeric - **0.5 tsp** coriander seeds - **0.5 tsp** smoked sweet paprika - **1** bay leaf
Cut off the top of the garlic head to expose the cloves. Brush with the oil and bake in the oven for about 30 minutes. Cook the chana dal in the vegetable stock for 40 minutes. In a pan, sauté the onion and aubergine in the ghee for 5 minutes until golden, then squeeze in the roasted garlic. Add the cumin, turmeric, coriander seeds, smoked paprika and bay leaf and fry for 10–15 seconds to release the aroma.

Step 2

200 ml tomato passata - **2 tbsp** [Kikkoman Naturally Brewed Soy Sauce](#)
Add the tomato passata to the vegetables from step 1, season with the Kikkoman Soy Sauce and cook for 5 minutes.

Step 3

200 g wheat flour - **20 g** additional flour for dusting - **0.5 tsp** baking powder - **0.5 tsp** bicarbonate of soda - **40 ml** milk, lukewarm - **75 g** plain yoghurt
In a large bowl, mix 200 g of the flour with the baking powder and bicarbonate of soda. Gradually add the lukewarm milk, stirring to form a dough, then add the yoghurt. Knead for 5 minutes until smooth and elastic. Cover with a damp cloth or

cling film and set aside in a warm place for about 20 minutes. Divide into four portions and roll each into a thin oval flatbread about 3–4 mm thick, dusting with the remaining 20 g flour.

Step 4

2 garlic cloves, chopped - **40 g** clarified butter (ghee) - **1 tsp** coriander, chopped - **40 g** red onion - Fresh coriander leaves

Heat a dry pan over medium-high heat and cook each flatbread for 2 minutes on each side until golden bubbles and char marks appear. In a small saucepan, melt the ghee, then add the chopped garlic and coriander. Slice the onion into rings. Brush the naan with the garlic butter and serve with the dal and onion. Garnish with the fresh coriander leaves.