

Aubergine Fritters

This is a tasty way to enjoy aubergines. This recipe will serve 4 as a side dish.



- 1 large aubergine, cut into 1 cm thick slices
- 1 cup raw dried quinoa
- ½ tsp ground cumin
- ½ tsp chilli powder
- Pinch salt and pepper
- ½ tsp garam masala
- 1 egg
- Splash milk
- Oil for frying – I used olive oil.

Firstly, put the raw quinoa into a food processor (a nutribullet is perfect for this) and blitz until the quinoa is as fine as you can get it – almost like flour is perfect.

Transfer the quinoa powder into a bowl and add the spices, salt and pepper. Mix well and crack the egg into the mixture. Whisk this up and add a little milk until you have a batter – double cream consistency.

Heat a little oil in the frying pan, just enough to coat the bottom of the pan. Now dip your aubergine slices, one at a time into the batter mix making sure both sides are coated and place them into the pan. Keep the pan on a medium heat – if it's too high and you will burn the coating before the aubergines have softened and if it's too low, the aubergines will soak up too much oil while cooking.

Leave these for 2 -3 mins before turning. The coating should be golden brown. You will need to do these in batches so keep your cooked ones covered in foil or in a low oven while you cook the rest. You will need to add a little oil to the pan when you change batches.

Serve these next to your main meal as they are or topped with a yogurt and cucumber dip 😊