

Aubergine steaks

2 large aubergines
1 large red onion
2 spring onions

Marinade

2 tbsps. maple syrup
2 tbsps. balsamic vinegar
4 tbsps. olive oil
black pepper to taste
1 orange, juice and rind
2 tbsps. soy sauce

Garnish

1 tbsp. pomegranate molasses
Slices of orange
Toasted Pumpkin seeds

Slice aubergines into long steaks, approximately 4 per aubergine. Lay in a tray. Add chopped onions
Mix all the marinade ingredients, whisk. Pour over aubergines and leave to marinate for 4 hours or longer.
Heat oven to 180°C, Gas 5. Cook for about 30 minutes covered with foil. Check and turn aubergines over, repeat cooking for a further 15 minutes, remove foil and cook for 5 – 10 minutes longer to make sure aubergine is cooked through. When cooked, drizzle some pomegranate molasses add pumpkin seeds and garnish with thin slices of orange.
Serve with Roasted root vegetables and a green vegetable.