

Garden eggs/Aubergine and Spinach stew **Serving 4**

INGREDIENTS:

9 **garden eggs (or 2 large aubergines) diced**
4 **large tomatoes or 1 can of tomato puree**
2 **large white onions**
1 **bag fresh spinach**
1 **tablespoon of red pepper powder**
1 **habanero pepper**
1 tsp **nutmeg**
1 **(grated) small ginger root**
Almond Paste (blend 1/2 a pack of raw almonds)
Salt (to taste)

PREPARATIONS:

- *Boil Diced Aubergines or garden eggs for 10 mins (pour out water and keep on the side)*
- *Heat oil in a cooking pot for about three and add diced onions and fry for 5 minutes*
- *Add pepper powder and nutmeg to frying onions and let simmer for three minutes.*
- *Blend tomatoes, habanero pepper and another onion, then add.*
- *Let sauce simmer for about 15 minutes on medium heat*
- *Add 1/2 cup of water to the sauce and let simmer for another 20 minutes.*
- *Add diced garden eggs or aubergines to the sauce and mix in well.*
- *Let the stew simmer for another 30 minutes on low heat.*
- *Add the almond paste and cook for another 5-10 mins*