

Harissa chicken thighs

- * *Organic chicken thighs - 4*
- * *Harissa paste - 4 tbsp*
- * *Yogurt -2 tbsp*

Ideally start by marinating the chicken the day before, or at least a few hours before cooking. Mix the Harissa and yogurt together and spread evenly over the chicken, rubbing the marinade into the flesh. Season with salt and pepper. Cover and place in the fridge.

Preheat the oven to 180 degrees C. Roast the chicken for 30 minutes, until golden brown and cooked through. If you have a grill/fan combination function, this works well with this dish to crisp up the skin.

Serve warm or at room temperature.

Tahini baked aubergines

- * *Aubergine - 3*
- * *Tahini - about 4 tbsp*
- * *Lemon - juice of 1/2*
- * *Coriander - a handful, chopped*
- * *Chili flakes - 1 tsp*

Preheat the oven to 220 degrees C. Place the aubergines, whole, on a baking sheet and roast for 40 minutes, or until charred on the outside and very soft on the inside.

To make the tahini sauce, whisk the tahini with equal amounts of water in a glass. The mixture will turn thick but should then smooth out again. Add the juice of half a lemon, a good pinch of sea salt and whisk again. Add more water if needed, until the sauce has the consistency of double cream.

When the aubergines have cooled a little, cut them in half lengthways and lay them out on a serving plate. Season with sea salt and black pepper. Drizzle with tahini sauce and scatter with a handful of chopped coriander and the chili flakes.

Serve warm or at room temperature.

Spiced carrot salad

- * *Carrots - 700g, peeled and cut into chunks*
- * *Cumin - 1 tbsp*
- * *Ground coriander - 1 tbsp*
- * *Olive oil*
- * *Lemon - juice of 1/4*
- * *Coriander - a handful, chopped*
- * *Mint - a handful, chopped*

Preheat the oven to 220 degrees C.

Toss the chopped carrots with the cumin, ground coriander and plenty of olive oil in a roasting tin. Season generously with sea salt and black pepper and bake for 30 minutes, until golden brown.

Remove from the oven, and in a large bowl, toss the carrots with the lemon juice, coriander, mint and a drizzle of olive oil. Taste for seasoning.

Serve warm or at room temperature.