

Dukkah-crusted aubergine steaks



Ingredients

- 25g blanched hazelnuts, toasted
- 1½ tsp cumin seeds, toasted
- 1½ tsp fennel seeds , toasted
- 1 large aubergine , trimmed and sliced lengthways into 4 thick steaks
- 2 tbsp olive oil
- juice 1 orange , zest of ½
- 175g couscous
- small pack mint , leaves picked and finely chopped
- 2 tbsp pomegranate seeds
- 150g pot natural yogurt

Method

- To make the dukkah, lightly crush the hazelnuts, cumin and fennel seeds, and a pinch of salt using a pestle and mortar. Heat oven to 180C/160C fan/gas 4 and heat a griddle pan over a medium heat. Brush the aubergine steaks with 1 tbsp olive oil, griddle for 8-10 mins each side until charred and completely softened, then place on a parchment-lined baking tray. Divide the orange zest between the steaks, then top each with the dukkah. Bake for 5-10 mins until the dukkah looks toasted. Boil the kettle.
- Put the couscous in a heatproof bowl, add 225ml boiling water and cover with cling film. Leave to stand for 5 mins, then fluff up the couscous with a fork. Mix together the orange juice, remaining olive oil, the mint and some seasoning. Add to the couscous and stir. Divide the couscous between 2 plates, top with the aubergine steaks and sprinkle with the pomegranate seeds. Serve with a dollop of yogurt.