

## **Peanut sauce**

Delicious served with roast chicken pieces, vegetables and rice  
serves 4 to 6

2tsp of vegetable oil

1 medium onion, peeled and chopped

2 large tomatoes, cut into bite-sized chunks

1 small aubergine, cut into bite-sized chunks

90 g of peanut butter \*\*

60ml water

1. In a large frying pan, heat the oil and fry the onion till transparent.
2. Add the tomatoes and cook for 5 minutes.
3. Add the aubergine and cook for 5 more minutes.
4. In a small bowl, combine the peanut butter and the water and stir to make a paste. Add to the frying pan and stir well.
5. Reduce the heat to medium low and simmer uncovered for 10 minutes or until the aubergine is tender. Add more water as needed

*\*\* For this recipe it is best to use natural peanut butter with no added sugar. Why not try making your own? Just blitz unsalted roasted peanuts with a little vegetable oil.*