



STUFFED EGGPLANTS

Loren C Dietitian ©

INGREDIENTS

- 2 Eggplants
- 2 tbsp olive oil, plus extra for drizzling
- 1 large onion, finely chopped
- 3 garlic cloves, finely chopped
- 12 cherry tomatoes, halved
- 250g of lean mince (I use turkey but can use any)
- 2 tablespoons of Moroccan spice
- 50g pitted green olives, chopped
- Handful basil leaves, chopped
- ½ cup of grated mozzarella cheese

METHOD

1. Heat oven to 200 degrees.
2. Slice the the eggplants in half lengthways, leaving the stem intact. Using a small knife, cut a border inside each eggplant about ½-1cm thick.
3. Using a spoon, scoop out the flesh, so that you have 4 shells.
4. Brush with a little of the oil, season with salt and place in a baking dish.
5. Cover with foil and bake for 20 mins.
6. Meanwhile, add the remaining oil to a non-stick frying pan and cook the onion until soft.
7. Add the garlic and mince and cook for 3 mins. Stir in seasoning, tomato, olives and basil.
8. When the eggplant shells are tender, remove from the oven and reduce heat to 180C fan.
9. Pile stuffing into shells, sprinkle with cheese.
10. Bake for 10 minutes, until the cheese is gooey.
11. Serve with a green salad.