

## LENTIL STUFFED AUBERGINES

Aubergines have a pretty bad rap, don't you think? If they are not cooked right, they can be pretty bland and the texture a little "off", but this recipe roasts them until they're falling apart and then stuffs them with a tasty lentil and chickpea mix cooked down with harissa and spices. This could easily convert any aubergine hater. It's lovely served with the tahini sauce over brown rice for a midweek dinner, but they could also be served as part of a bigger mezzo for a weekend feast!

 40 minutes 35 minutes

### INGREDIENTS

- 3 units, unpeeled [approx 1-1/4 lb] of eggplant, raw [1644 g]
- 2 tsps of oil, olive, salad or cooking [9 g]
- 1 small unit of onions, raw [70 g]
- 2 cloves of garlic, raw [6 g] crushed
- 1 whole tsp of spices, cumin seed [2 g]
- 1 1/2 tsp of harissa pasta
- 1 tsp of spices, paprika [2 g]
- 1 tbsp of lemon juice from concentrate, bottled, REAL LEMON [15 g]
- 1 cup of chickpeas [garbanzo beans, bengal gram], mature seeds, canned, solids and liquids [240 g] drained and rinsed
- 100 grams of lentils cooked with salt
- 1/2 cup of tomato products, canned, sauce [123 g]
- 4 tsps of seeds, sesame butter, tahini, type of kernels unspecified [60 g]
- 90 grams of yogurt, plain, low fat
- 1 cup of rice, brown, medium-grain, raw [190 g]
- 1/2 cup arils [seed/juice sacs] of pomegranates, raw [87 g]
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### COOKING METHOD

- 1° Preheat the oven to 180 C and line two baking trays with parchment.
- 2° Next, slice the aubergines in half lengthways and using a sharp knife score a criss cross line pattern into the aubergine. Place them on the baking trays and drizzle 1 tbsp worth of olive oil between all 6 halves. Put the baking trays in the oven for 25 minutes.
- 3° Meanwhile, in a large saucepan on a medium heat, add the remaining tablespoon of oil along with the diced red onion and garlic.
- 4° Sure for a few minutes before adding the cumin seeds, harissa paste, smoked paprika and juice from a 1/2 lemon.
- 5° Next pour in the chickpeas and puy lentils and coat them evenly in the spices.

- 6° Next add the chopped tomatoes, combine and let simmer on a low heat until the aubergines have finished roasting, stirring occasionally.
- 7° Meanwhile, prepare the tahini, yoghurt and juice from the remaining half of the lemon.
- 8° Once the aubergines are cooked, remove them from the oven and allow to cool slightly before carefully removing half of the inside of the aubergines [save this and make your own baba ganoush].
- 9° Stuff the aubergines with the ;until filling, drizzle with the tahini sauce, garnish with pomegranate seeds and mint and serve with brown rice!.

## NUTRITIONAL INFORMATION

	PER 100 g	% DRI
ENERGY	81 kcal	4 %
FAT	2 g	3 %
FATTY ACIDS, TOTAL SATURATED	0 g	2 %
CHOLESTEROL	0 mg	0 %
SODIUM	67 mg	3 %
CARBOHYDRATE	14 g	5 %
SUGARS	4 g	–
FIBER	3 g	12 %
PROTEIN	3 g	–