

Vegetarian Stuffed Aubergines

Ingredients

Aubergines according to number of people (*half or one each*)

Stuffing

1 onion

2-3 cloves garlic (or to taste)

1 cup of red lentils

Half a teaspoon paprika

1 tablespoon tomato puree

1 tin chopped tomatoes

2-3 large tomatoes (fresh)

Salt and black pepper

Olive oil (or whatever is available)

Fresh parsley

Method

Lightly brush aubergines with oil and roast in a moderate oven (around 180 degrees)

Meanwhile, prepare the stuffing - finely chop onion and fry in oil till cream coloured and add crushed garlic. Then add tomato purée, and stir in the lentils and stir into the mixture.

Lastly add tinned tomatoes, chopped parsley and paprika. Add salt and pepper to taste (you may not need salt as there is salt in tomato purée and tinned tomatoes). Feel free to add water to aid cooking, but not too much or it may become sloppy. Simmer until cooked.

The aubergines are ready when they have become soft and collapse when you press them, but you don't want the skins to be too hard. Split aubergines lengthways leaving the stalk whole, so you can open them out like a boat. Dab the insides with a piece of kitchen towel to remove the excess juice.



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Fill the aubergine boats with the lentil stuffing.

Top with slices of fresh tomato, drizzle with extra virgin olive oil and sprinkle with salt and pepper. Cover and return to the oven until tomatoes on top are cooked (about 20 minutes)

Serve with brown rice, yogurt and green salad. You may well have extra stuffing left. You can use it to stuff peppers if you like, but always roast the vegetables first!