
Delicious Turkish Style Eggplant Recipe

2 Eggplants

7 ounces (about 1 cup) of
cherry tomatoes, cut in half

1 pepper, cut into pieces

3 onions, sliced

2 cloves of garlic, minced

2.5 ounces (about ³/₄ cup) of
grated cheese

4 tablespoons of olive oil

Enough chopped parsley

Enough paprika

Enough salt and pepper

- 1 Trim the eggplants and cut them into round slices.
- 2 Place the eggplant slices on a cutting board and sprinkle salt over them. Let them rest for 10-15 minutes.
- 3 After the resting period, dab the eggplants with a sheet of absorbent paper to remove excess moisture.
- 4 Place the eggplant slices on a dripping pan lined with parchment paper and season with pepper. Bake them in a preheated oven (200°C) for 20 minutes.
- 5 In a non-stick pan, heat a drizzle of oil and add the sliced onions. Cook until soft.
- 6 Add the pepper pieces and continue to cook until tender.
- 7 Incorporate the halved cherry tomatoes into the pan, stirring well. Cook for an additional 5 minutes.
- 8 Season the vegetable mixture with salt, pepper, and paprika according to taste. Then, turn off the stove.
- 9 In a small bowl, combine chopped parsley, minced garlic, two tablespoons of olive oil, salt, and pepper. Set aside.
- 10 Grease a rectangular glass baking dish with olive oil.
- 11 Layer the baked eggplant slices in the dish, stuffing them with the parsley mixture and sautéed vegetables.
- 12 Continue layering until all ingredients are used, then sprinkle grated cheese over the top.
- 13 Bake in a preheated oven (180°C) for 20-25 minutes until golden brown.
- 14 Serve hot and enjoy the burst of flavors!