
Stuffed Eggplant Recipe

4 eggplants
4-5 tablespoons of olive oil
Paprika to taste
Salt and pepper to taste
500 g of lean minced meat
3 tomatoes
1 red pepper, diced
1 onion, chopped
200 ml of water
A drizzle of olive oil
25 g of tomato paste
4 cloves of garlic, minced
Chilli flakes (optional)
Spices to taste
Salt and pepper to taste
150g of grated light cheese
2-3 sprigs of chopped parsley

- ➊ Trim the eggplants and peel them on the sides. Cut them lengthways into four slices.
- ➋ In a small bowl, mix olive oil with paprika, salt, and pepper.
- ➌ Place the eggplant slices on a baking tray lined with parchment paper. Brush them on both sides with the flavored oil mix.
- ➍ Bake in a preheated oven at 200°C for 30 minutes.
- ➎ Roughly cut the tomatoes and blend them to obtain a smooth puree.
- ➏ In a non-stick pan, heat a drizzle of olive oil. Add chopped onion and minced garlic. Sauté until golden.
- ➐ Add the minced meat and cook until browned.
- ➑ Stir in diced red pepper, followed by the blended tomatoes, tomato paste, chilli flakes (if using), salt, pepper, and spices. Add water and simmer for 5 minutes.
- ➒ Transfer half of the baked eggplant slices to a baking tray. Top each slice with a portion of the cooked minced meat mixture.
- ➓ Sprinkle grated cheese over the filling.
- ➑ Cover each filled eggplant slice with another slice of baked eggplant.
- ➒ Bake the stuffed eggplants in the preheated oven for 15 minutes at 200°C.
- ➓ Once cooked, garnish the stuffed eggplants with chopped parsley before serving.