
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

- 1 Trim the eggplants and peel them on the sides. Cut them lengthways into four slices.
- 2 In a small bowl, mix olive oil with paprika, salt, and pepper.
- 3 Place the eggplant slices on a baking tray lined with parchment paper. Brush them on both sides with the flavored oil mix.
- 4 Bake in a preheated oven at 200°C for 30 minutes.
- 5 Roughly cut the tomatoes and blend them to obtain a smooth puree.
- 6 In a non-stick pan, heat a drizzle of olive oil. Add chopped onion and minced garlic. Sauté until golden.
- 7 Add the minced meat and cook until browned.
- 8 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.
- 9 Transfer half of the baked eggplant slices to a baking tray. Top each slice with a portion of the cooked minced meat mixture.
- 10 Sprinkle grated cheese over the filling.
- 11 Cover each filled eggplant slice with another slice of baked eggplant.
- 12 Bake the stuffed eggplants in the preheated oven for 15 minutes at 200°C.
- 13 Once cooked, garnish the stuffed eggplants with chopped parsley before serving.