

Stuffed Eggplant



Time: 75 min.

Difficulty: Medium

Ingredients

- **Ingredients**

- Finely chopped tomatoes 26.6oz 2 boxes
- Chopped fresh mozzarella 1.5 cups (200g/7oz)
- Fennel seeds ½ tbsp
- Fresh basil 1 large handful
- Garlic, finely chopped 1 clove
- Medium-large eggplant (aubergine) 2
- Olive oil 2-3 tbsp
- Salt and pepper to taste

For this recipe we used:



Preparation

Give life to your veggies and get even the pickiest of eaters excited about this recipe! Stuffed Eggplant with Pomodoro Finely Chopped Tomatoes is the perfect elevated weekend recipe, or weeknight dinner in a pinch! It's a hearty, comforting and a delight to the taste buds.

Instructions:

1. Pre-heat the oven to 350F (200C).
2. Wash and dry the eggplant then cut them in half lengthwise so you have four halves. Score the inside flesh of the eggplants in a criss-cross pattern making sure you don't pierce the skin.
3. Place the eggplant on a shallow baking tray. Sprinkle each one with a little salt, pepper and fennel seeds then drizzle with a little olive oil. Bake them in the oven for 25-30 minutes until soft.
4. Add a good pinch of salt and pepper then simmer the sauce gently for 15 minutes until reduced and thickened slightly (you don't want the sauce to be watery).
5. Once ready, remove the eggplants from the oven. When cool enough to touch, scoop out the inside of the eggplant and add to a mixing bowl.
6. Add the tomato sauce, fresh basil (torn or roughly chopped) and roughly chopped mozzarella and mix until combined.
7. Fill the eggplants with the mixture then sprinkle each one with some fennel seeds. Bake in the oven for another 25 minutes until melted and slightly golden.