

Stuffed aubergine



BODY SHAPE
PERFORMANCE

20g red lentils, rinsed
1 large aubergine, sliced in half lengthways through the stalk.
1 tsp ghee / coconut oil
1 small red onion, finely chopped
½ a red bell-pepper, diced
1 celery stick, finely chopped
150g pork mince (optional)
1-2 cloves of garlic, finely chopped
1 tsp ground cumin
1 tsp dried thyme
20g raisins
salt and pepper to season
2 tps olive oil
a sprinkle of flaked almonds

SERVES 2

Preheat oven to 180°C/350°F. Line an ovenproof dish with foil. Place the lentils in a small saucepan and cover with boiling water. Simmer for 15-20 minutes until cooked. Drain and rinse thoroughly.

Bring a pan of water to a gentle simmer. Add the aubergine and cover. Cook for 6-8 minutes until tender. Remove from water and place on kitchen paper to remove excess water.

PER SERVING:
288 Calories
24g Carbs
21g Protein
12g Fat



Scrape out the aubergine flesh with a spoon, taking care not to pierce the skin. Chop the flesh and place in a large bowl. Place the aubergine skins in the ovenproof dish.

Heat the ghee / oil in a frying pan over medium heat and add the onion. Sauté gently for 3-4 minutes until soft. Add the pepper and celery and cook for 2-3 minutes, stirring until soft.

Add the pork (if using) and cook for 4-5 minutes, stirring. Add the garlic and sauté gently for 2-3 minutes. Stir in the cumin and thyme and cook for 1 minute. Remove pan from heat. Transfer mixture to the bowl containing the aubergine flesh. Add the raisins and lentils and season with salt and pepper. Stir well.

Stuff the aubergine skins with the mixture. Oven cook for 15-20 minutes until golden. Drizzle the olive oil finely over the aubergines, sprinkle over the flaked almonds and serve.

Store any leftovers in an airtight container and refrigerate for up to 1 day.

