

Filled Eggplants



Zubereitung

Zutaten Filling

- 100 g couscous
- 2 dl vegetable stock
- 1 tsp olive oil
- 200 g spring onions
- 2 garlic cloves, finely chopped
- 1 yellow bell pepper, diced
- 1 zucchini, diced
- 400 g lean minced beef
- 1 dl red wine
- 1 tbsp dried sultanas
- 1 pinch ras el hanout
- 1 tsp paprika powder
- 1 pinch of cayenne pepper
- 2 sprigs of peppermint
- ½ bunch cilantro
- Salt, pepper

Zutaten Eggplants

- 4 eggplants
- 2 tbsp olive oil
- 1 tbsp harissa
- 1 pinch of salt

Zubereitung Filling

Add the couscous to the boiling stock, cover and leave to soak for 10 minutes, then fluff up with a fork. Heat the olive oil in a frying pan. Chop the white part of the spring onions and sauté with half the garlic. Add the meat, bell pepper and zucchini cubes, sultanas and spices. Flavour with salt and pepper. Deglaze with red wine and reduce the liquid. Leave the filling to cool, then add the finely chopped spring onion greens, mint and cilantro.

Zubereitung Eggplants

Cut the eggplants in half, scoop out the flesh and set aside. Mix the olive oil with the harissa and salt and brush the eggplant halves with the mixture. Marinate for 30 minutes. Then fill the eggplants with the filling and bake in the oven at 150 degrees for 25 minutes. Finely puree the eggplant flesh and fry in olive oil with the remaining garlic. Leave to cool.

Zutaten Tahini Yogurt Dip

- 240 g natural yoghurt
- 1 tbsp lemon juice
- 1 tbsp olive oil
- 1 tsp sumac spice
- 2 tbsp tahini paste
- 1 tsp garlic, finely chopped
- 1 pinch of salt

Zubereitung Tahini Yogurt Dip

Mix the eggplant puree with the yogurt, lemon juice, sumac and tahini paste and season with salt. Arrange two stuffed eggplants, top with a little yogurt dip and garnish with arugula, mint and pomegranate seeds.