



### Turkish Style Stuffed Aubergine

This dish can be made using either minced lamb or beef. The aubergine absorbs all the wonderful flavours and keeps everything juicy. This recipe makes 2 portions and freezes well.

1 medium aubergine (300g)  
1 tbsp olive oil  
½ tsp cumin  
½ tsp paprika  
1 tsp cinnamon  
1 small onion (65g)  
125g minced lamb or beef  
1 tbsp pinenuts  
1 tsp tomato puree  
½ tsp sugar  
Juice of ½ lemon  
1 tbsp parsley & mint mixed  
50ml vegetable stock



1. Set the oven to 220C/425F/Gas7
2. Cut the aubergine in half lengthwise and score the flesh as deeply as you can without puncturing the skin. Place in a snug fitting oven proof dish, smear half of the olive oil over the cuts and season with salt and pepper. Bake for 20min.
3. Heat the remaining oil in a small pan, add the spices then the onion. Fry on a medium high heat for about 5 min.
4. Add the meat, pinenuts and tomato puree, stir together and cook for a few minutes. Add a splash of water and the sugar, lemon juice and herbs. Stir well and adjust the seasoning.
5. Once the aubergine is ready, remove from the oven, pile the meat on top of the aubergine halves and trickle 50ml vegetable stock into the bottom of the dish.
6. Reduce the oven heat to 190C, cover the dish, put back into the oven for a further 30 min.
7. Once the aubergine is ready, allow to cool a little before serving. Serve this dish warm in the winter or cool in the summer.

#### *Hints, Tips and Variations*

*Gluten free, dairy free, to make this dish vegetarian/vegan, use soya or other vegetarian mince  
Use peppers instead of aubergine, leek instead of onion.  
Omit the pinenuts or use slivered almonds, roughly chopped cashew nuts or peanuts instead.*