

MEDITERRANEAN AUBERGINES



MINUTES TO PREPARE
10



MINUTES TO COOK
45



SERVES
2 as a main or 4
as a starter or
side

INGREDIENTS

1 onion, peeled and finely diced
1 red pepper or 1/2 yellow and 1/2 red pepper, cored, deseeded and finely diced
2 cloves of garlic, peeled and finely diced
3 tablespoons rapeseed oil
50g halloumi, finely diced
100g pitted green and black olives, rinsed under cold water and finely diced
2 aubergines
Large handful of flat leaf parsley, finely chopped
Zest of 1 lemon

LET'S GET COOKING

- 1 Preheat the oven to 200/400/gas 6. Line a large roasting tray with baking parchment.
- 2 Cut the tops off the aubergines. Slice the aubergines thinly from top to tail lengthways. You will be rolling the middle slices. Keep the outer 4 slices (with the skin on) and dice them finely.
- 3 Place the aubergine slices for rolling on to the baking parchment. Drizzle with oil and sprinkle with salt. Roast in the oven for 15 minutes on either side, until the are golden brown, limp (but not burnt).
- 4 Meanwhile, heat the oil in a saucepan and add the onions, chopped peppers and chopped aubergine skin. Sautee over a medium heat for 20 minutes, stirring from time to time to stop it from catching. Add the garlic and chopped olives and cook for a further 20 minutes. Add the halloumi and cook for 5 minutes.
- 5 Stir the chopped parsley and lemon zest into the pepper, onion and olive mix. Taste and season well. It may need a squeeze of lemon.
- 6 Place a heaped tablespoon of the pepper mix on to each aubergine slice and roll, tucking the ends underneath so you have a smooth finish. You will have extra stuffing.
- 7 This is lovely with dressed green leaves and bowls of the extra pepper mix.

"The key here is to get the onions, peppers and aubergines really soft, so that they have completely loosened and released all their water. Prod them with your finger at the start and at the end so that you can tell the difference. Notice how the aubergines especially collapse once you have cooked them, either as slices or in the pepper mix. Aubergines which aren't cooked thoroughly can taste pulpy and woody... aubergines which have cooked that little bit longer start to caramelise and become malleable. This is what we are after my friends"