

STUFFED AUBERGINES WITH MINCE & FETA



MINUTES TO PREPARE
5



MINUTES TO COOK
25



SERVES
2

INGREDIENTS

2 aubergines
Mince from my leftover Classic Cottage Pie recipe
1 large tomato, thinly sliced horizontally
4 slices of feta
1 handful of basil leaves
1 teaspoon capers, drained, rinsed and chopped
1 tablespoon rapeseed oil
Pinch Maldon sea salt
Freshly ground black pepper

LET'S GET COOKING

- 1 Preheat the oven to 180/350/gas 4.
- 2 First prepare the aubergines. Cut them in half lengthways and using a sharp knife crisscross the flesh, being careful not to cut through the skin. Then make another cut the whole way around the diameter of each aubergine. Drizzle with oil and season with salt and pepper. Line a roasting tray with baking paper and roast for 20 minutes until the flesh softens.
- 3 Meanwhile, gently heat up the mince in a pan on the hob (or in the microwave) until it is piping.

Preheat the grill to medium.
- 4 Once the aubergines are ready and cool enough to handle, scoop the aubergine flesh out of their skins and place in a bowl. Mash with a fork and stir in the mince. Replace the aubergine and mince mix back into the aubergine skins and lay the tomatoes and capers on top. Gently crumble over the feta and tear over the basil.
- 5
- 6 Place under the grill for a few minutes until the feta goes brown. You can also pop them back in the oven if you don't have a grill. They will need another 10 minutes in the oven. Serve with a lovely green salad and a sharp dressing.

"This is a super simple meal to make and a lovely way to enjoy a no carb midweek dinner. Aubergines are naturally quite a meaty vegetable so teamed up with mince and some feta this is fairly substantial. I have used leftover Cottage Pie mince for this but you can of course make it fresh.

By stirring the aubergine through the mince you are adding a real Mediterranean twist which compliments the sweet, caramelised skin beautifully."