



# Healthily Stuffed Aubergine

NIBBLEDISH CONTRIBUTOR

## Ingredients

For 2

1 aubergine  
100g couscous  
300ml hot veggie stock  
few sundried tomatoes, sliced  
1 tomato, diced  
2 spring onions, sliced  
1 small red onion, sliced  
2 mushrooms, sliced  
juice and zest of 1 lemon  
bit of cinnamon  
olive oil

### Dressing

3 tbsp natural yoghurt  
1 tbsp lemon juice  
bit of chopped coriander  
bit of chopped ginger

## Instructions

- 1) Slice the aubergine in half, lengthways. Cut the flesh into cubes so that it's easy to scoop out later.
  - 2) Heat the oven to 180 degrees C. Brush the aubergine with lemon and olive oil, then bake for half an hour.
  - 3) Pour the couscous into a bowl with the stock, then cover and leave for 5 minutes.
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- 4) Mix all the veg and cinnamon into the couscous.
  - 5) When the aubergines are cooked, scoop out the flesh, and stir into the couscous mixture.
  - 6) Spoon the mixture back into the aubergines and put back in the oven for about 15 minutes.
  - 7) Mix the dressing ingredients together and drizzle over the aubergines to serve.