



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.
-

-
- 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.