

Stuffed aubergines



This dish is a prime example of Mediterranean cuisine. Aubergines, tomatoes, onions and garlic are a healthy source of fibre and contain many valuable secondary plant substances. The olives provide our bodies with healthy fatty acids and the mozzarella contains calcium and proteins. A perfectly light dish for summer.

Tip from Anna Matscher:

This recipe also works without mashing the tomato sauce in the mixer. The easiest way to scoop out the aubergines is to use a Parisienne scoop.



Ingredients for 4 portions:

To prepare the aubergines:

4 aubergines

1 red onion

Grated parmesan and pecorino cheese

1 egg

200 g mozzarella

75 g olives

To make the tomato sauce

5-6 large tomatoes

1 onion

1 clove of garlic

Peperoncino chilli according to taste

Pepper and salt according to taste

Preparation (c. 1 hour):



Slice the aubergines in half lengthways, and scoop out the middle with a spoon.
Chop this scooped out aubergine into small pieces.



Pan-fry the aubergine halves in olive oil and on all sides.



To make the tomato sauce

Place all ingredients in a mixer and mix together well.

Sauté the onion, add the chopped pieces of aubergine, season with salt and pepper, allow to stew and then cool. Next mix the whisked egg, grated cheese and the finely chopped olives. Mix all ingredients together with half the tomato sauce.



Cover a baking tray with the rest of the tomato sauce, place the aubergine halves on top and add the filling to each half. Sprinkle the parmesan over the top and place in oven for 30 minutes at 175°.



Bon appetit!