

# Stuffed Aubergine



*Healthy aubergine, stuffed with lentils and rice.*

*Topped with a home made vegan cheese variation.*

*Good to eat cold or hot.*

*And promised, if you follow the recipe, the aubergine will be tender and yummy and not chewy nor bitter.*

*The filling with this recipe will stuff 2 large aubergine.*

## Ingredients

2 large aubergine

### Filling:

100 g rice

100 g green lentils

1 onion

3 garlic cloves

flesh of the aubergine

herb salt

black pepper

1 tablespoon soy sauce

1 tablespoon dried Italian herbs

100 ml vegetable broth

olive oil

400 ml water

2 tablespoons tomato puree

### Vegan cheese sauce:

150 ml coconut cream

3 tablespoons nutritional yeast

2 tablespoons tapioca starch

½ teaspoon herb salt

¼ teaspoon onion granulate

¼ teaspoon garlic granulate

1 pinch smoked paprika powder

### Garnish:

Fresh basil

## Instructions

- cut the aubergine in halves and scoop out the flesh; put the flesh aside for later  
sprinkle the aubergine with salt and let it drain for about 20 mins  
dry it with a paper towel and prebake the aubergine on a tray at 200 C (non fan) for approx. 20 mins, until the aubergine are soft
- boil the rice and the lentils in one pot with 400 ml water on slow heat; once the water is used, both lentils and rice should be soft
- dice the onion and fry it in a pan until they become translucent
- process the aubergine flesh in a food processor to mash to a smooth paste
- add the aubergine flesh to the onion into the pan, spice with garlic, tomato puree, salt, pepper, soy sauce, Italian herbs, add the vegetable broth to make it more liquid and let it simmer for 5 mins
- add the rice-lentil mix to the pan; if to dry, add a bit of water; sim another 3 mins
- fill the mix into the aubergine halves
- prepare the vegan cheese sauce: Mix the coconut cream with the nutritional yeast, tapioca starch, garlic and onion granulate, a pinch of smoked paprika powder, and herb salt with a whisk in a pan; when everything is well mixed, boil it for 1 minute or a few seconds longer, whisking continuously, until the sauce becomes a chewy paste like melted cheese.
- Use a spoon and spread the cheesy sauce on top of the filling of the aubergine halves.
- bake in the oven with grill function at 200 C until the “cheese” is crisp and medium brown
- serve with fresh basil