



STUFFED AUBERGINES STEWED IN TOMATO SAUCE

QimiQ BENEFITS

- Fillings remain moist for longer



25



easy

INGREDIENTS FOR 4 PORTIONS

50 g	Ebly Tender Wheat
2	Eggplant
	Salt
1	Onion(s), finely chopped
1 tsp	Olive oil
125 g	QimiQ Classic
250 g	Minced beef
	Salt and pepper
	Cilantro
	Garlic
	Thyme

FOR THE TOMATO SAUCE

3	Tomato(es), finely diced
500 ml	Tomato juice
	Salt
	Bay leaf
	Basil
	Oregano
60 g	Parmesan, grated

METHOD

1. Cook the Ebly Tender Wheat in plenty of salt water until tender to the bite, drain and rinse with cold water. Put to one side.
2. Slice the aubergine lengthwise, salt the sliced side and allow to draw. Place onto a baking sheet with the salted side down and bake at 180° C until golden brown. Once done, scoop out the flesh and chop finely.
3. Fry the onion in olive oil.
4. Whisk QimiQ Classic smooth. Add the minced beef, Ebly Tender Wheat, chopped aubergine, onion and seasoning and mix well. Spoon into the baked hollow aubergine shell.
5. For the tomato sauce, mix the ingredients together. Pour into an ovenproof baking dish and place the stuffed aubergine into the sauce. Sprinkle with Parmesan and bake in the hot oven at 180° C for 25-30 minutes.