



# STUFFED AUBERGINES STEWED IN TOMATO SAUCE

## QimiQ BENEFITS

- Fillings remain moist for longer



25



easy

## INGREDIENTS FOR 4 PORTIONS

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

## FOR THE TOMATO SAUCE

<b>3</b>	Tomato(es), finely diced
<b>500 ml</b>	Tomato juice
	Salt
	Bay leaf
	Basil
	Oregano
<b>60 g</b>	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.