

Aubergines stuffed with couscous



Aubergines stuffed with couscous and vegetables – delicious for a Meatless Monday day, easy to cook with whatever you have in your fridge!

Enjoy!

Serves: 2 pers.

You'll need:

- Eggplants – 2 medium-large
- Olive oil – 30ml
- Tomatoes – 2 (deseeded and chopped)
- Onion – 2 (chopped)
- Sultanas – 2 tbsp.
- Couscous – 100g (cooked accordingly to packet instructions)
- Parsley
- Salt
- Pepper

First of all preheat the oven – 180 C. Cut the **eggplants** in half and remove the flesh (put it aside). Saute the **onion with eggplants** flesh for a few minutes. In a bowl mix the **tomatoes, onion, sultanas, couscous, salt and pepper** and fill the cavities of the aubergines. Cover the dish and bake it in the oven for 30 minutes. Add some parsley leaves and serve!





Photo: Ionela Stoica