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by Liz Robb

Mozzarella stuffed aubergines



Ingredients

2 large aubergines
Olive oil
Salt and black pepper
Knob of butter
1 onion
1 red pepper
1 clove of garlic
100g chestnut mushrooms
2 tablespoons of Tomato puree
1 teaspoon of soft brown sugar
Fresh basil
400g chopped tomatoes
Water
2 large balls of mozzarella
Wholemeal breadcrumbs
Fresh Parmesan cheese

Preparation

1. 1. Preheat the oven to 200 degrees, or 180 degrees fan oven.
2. 2. First prepare the aubergines. Cut off the green stalks and slice the aubergines in half lengthways. Use a sharp knife to score a line about 1 cm. in from the skin, then carefully spoon out the flesh and put to one side. Brush the aubergine shells with olive oil, season and place in a baking dish. Cover with foil and bake for 15-20 minutes, until tender.
3. 3. Then make the filling. Add a large knob of butter to a tablespoon of oil in a saucepan and heat. Chop the onion finely, slice the pepper into small pieces and fry gently for 5 minutes. Crush the garlic, chop the reserved aubergine flesh and slice the mushrooms. Add them all to the pan and cook for another 5 minutes, until the onion and pepper are soft.
4. Mix in the tomato puree, sugar and a handful of chopped fresh basil. Add the chopped tomatoes, then season well with salt and black pepper. Simmer over a low heat for about 15 minutes, stirring occasionally and adding just a little water if it becomes too thick.
5. 4. Reduce the oven temperature to 200 degrees, 180 degrees fan oven. Fill each aubergine shell almost to the top with the tomato mixture and cover with slices of mozzarella cheese. Sprinkle on a thin layer of breadcrumbs, then finally grate parmesan cheese on the top. Bake in the oven for 15-20 minutes, or until the cheese is gooey and the topping is golden.

Cooks Note

Serves: 4

These scrumptious stuffed aubergines make a lovely lunchtime or supper dish served simply with a crisp salad, or can make a great alternative for non meat-eaters on a barbecue buffet. However, I like to eat them as a main course, accompanied by fluffy rice or maybe some crunchy rosemary potatoes.