



Aubergine Stuffed with Fruity Freekeh

Ingredients (Serves 6)

3 Large Aubergines
 2 tbsp Olive oil
 Salt and Freshly Ground Black Pepper
 1 Onion, finely chopped
 2 tbsp Harissa paste
 1 tsp ground Cinnamon
 300ml Vegetable stock
 150g Freekah
 30g Raisins
 30g chopped dried Apricots

30g toasted sliced Almonds [optional]
 Small bunch Spring onions, chopped
 2 tbsp green Olives, chopped
 50g crumbled feta cheese

For the spiced yoghurt sauce

1 tbsp Harissa paste
 2 tbsp half-fat Greek yoghurt
 2 tbsp fresh Coriander, chopped
 Salt and Freshly Ground Black Pepper

Method

1. Bring a large pan of water to the boil; add the aubergines (in batches if necessary) and simmer for 10 minutes.
2. Remove from water, halve lengthways and scoop out flesh leaving a 2cm shell.
3. Chop two thirds of the removed flesh and set aside for the filling.
4. Place the aubergine shells on a baking sheet. Brush with 1 tbs of Olive oil and season.
5. Place in the oven at 200C, 400F, Gas 6 and bake for 5 minutes or until just golden.
6. Meanwhile, heat the remaining oil in a saucepan; add onion and gently sauté until soft.
7. Add the harissa paste and cinnamon and fry, stirring, for 5 more minutes.
8. Add stock and bring to the boil.
9. Add the freekeh and cook for 15 minutes
10. Let stand for 5 minutes until liquid is absorbed.
11. Fluff with a fork; add the remaining ingredients [except the feta] together with the reserved chopped aubergine.
12. Pile the Couscous mixture into the aubergine shells, top with the feta and bake for 10 minutes, until the cheese starts to brown.
13. Meanwhile combine sauce ingredients ready to serve with the stuffed aubergines.

Key Nutrients

| Nutrient | Per 100g | % RNI | Per 421g Serving | % RNI | |
|--------------|----------|-------|------------------|-------|-----|
| Energy kJ | 267 | 3% | 1101 | 13% | |
| Energy kcal | 64 | 3% | 264 | 13% | |
| Fat | 2.8g | 4% | 11.7g | 16% | Low |
| Saturates | 0.8g | 4% | 3.3g | 16% | Low |
| Total Sugars | 3.1g | 3% | 12.9g | 14% | Low |
| Salt | 0.30g | 5% | 1.10g | 18% | Low |
| Protein | 2.2g | - | 9.7g | - | - |

Reference Intake of an Average Adult (8400kJ/2000kcal)

Allergens: Celery, Wheat, Nuts, Milk, Sulphur Dioxide