



Quinoa filled eggplants

20'
Hands on

50'
Cook Time

10
Portion(s)

1
Difficulty



Ingredients

- 5 eggplants
- 4 tablespoon(s) olive oil
- salt
- pepper
- 1 tablespoon(s) thyme
- 100 g quinoa
- 1 onion
- 1 clove(s) of garlic
- 1 sprig(s) celery
- 1 teaspoon(s) paprika, sweet
- 1 tablespoon(s) oregano, fresh
- 400 g canned tomatoes
- 100 g cherry tomatoes
- 1 tablespoon(s) mint, finely chopped, for serving

Διατροφικός πίνακας

Nutrition information per portion

113 Calories (kcal)	4.3 Total Fat (g)	0.6 Saturated Fat (g)	12.0 Total Carbs (g)
6%	6%	3%	5%
6.6 Sugars (g)	3.5 Protein (g)	4.3 Fibre (g)	0.3 Sodium (g)
7%	7%	17%	5%

Method

- **Cut** the eggplants in 2 lengthwise, remove stem and skin the flesh in a crisscross manner without tearing the skin.
- Add 2 tablespoons olive oil, salt, pepper, 1 tablespoon thyme and smear them with your **hands** to cover the surface of the eggplants.
- Place eggplants in a **baking pan** lined with parchment paper (flesh-side down) and bake for 30-40 minutes until they become soft.
- Remove from oven and transfer to a pyrex (skin-side down).
- Carefully remove the flesh on a **cutting board**. Finely chop it and place it in a **bowl**.
- **Boil** the quinoa in plenty of water following the instructions on the package. Strain and set aside.
- Finely chop the **onion** and the garlic. Heat the rest of the olive oil in a **pan** over medium heat and sauté the onion and garlic for 1-2 minutes until they become soft.
- Cut the celery stalks into rounds and sauté for 1 minute in the pan.
- Add the paprika, fresh oregano, can chopped tomatoes, salt and pepper.
- Mix with a **wooden spoon** until the juices of the tomato are reduced and the vegetables are soft.
- Add the quinoa, **cherry tomatoes (cut in half)** and mix.
- Remove pot from heat and add the eggplant flesh.
- Mix and fill the eggplants with the filling. Sprinkle with mint and serve.