



Imam bayildi

30'
Hands on

65'
Cook Time

6-8
Portion(s)

1
Difficulty



Method

- Preheat oven to 180* C (350* F) Fan.
- Use a [knife](#) to make 3 horizontal cuts on each eggplant.
- Carefully open the cuts just a little, making sure they don't break open and add olive oil, salt, pepper and thyme.
- Transfer eggplants to a baking pan and roast for 40 minutes.

For the filling

- Place a [pan](#) over high heat.
- Thinly slice the onions.
- As soon as the pan gets very hot, add 4 tablespoons of olive oil and the onions.
- Finley chop the garlic and add to the pan.
- Add the sugar, cumin, salt and pepper. Sauté over low heat for 15-20 minutes, until the onions are nicely caramelized.
- Add the tomato paste, chopped tomatoes and thyme.
- Mix and simmer for 5 minutes. Remove from heat.

To assemble

- Remove the eggplants from the oven and use a spoon to press down on the cuts you made earlier so you can make enough room to add the filling.
- Divide the filling between the eggplants and sprinkle with feta cheese and pepper. Drizzle with olive oil and bake for 15-20 minutes.
- To [serve](#), spread some rocket leaves on a serving plate, add eggplants with some finely chopped parsley, pepper and extra virgin olive oil.

Tip

If you are fasting simply do not add the feta cheese to the recipe.

Ingredients

For the eggplants

- 8 eggplants
- 2 tablespoon(s) olive oil
- salt
- pepper
- 1 tablespoon(s) thyme

For the filling

- 4 onions, large
- 4 tablespoon(s) olive oil
- 6 clove(s) of garlic
- 1 teaspoon(s) granulated sugar
- 1/2 teaspoon(s) cumin
- salt
- pepper
- 1 tablespoon(s) tomato paste
- 400 g canned tomatoes
- 1 tablespoon(s) thyme

To assemble

- 400 g feta cheese
- pepper
- olive oil

To serve

- 1/3 bunch parsley
- rocket
- pepper
- olive oil

Διατροφικός πίνακας

Nutrition information per portion

383 Calories (kcal)	26.0 Total Fat (g)	9.3 Saturated Fat (g)	20.0 Total Carbs (g)
19%	37%	47%	8%
16.0 Sugars (g)	12.0 Protein (g)	8.7 Fibre (g)	1.7 Sodium (g)
18%	24%	35%	28%