



Eggplants bourguignon

20'

Hands on

40'

Cook Time

6-8

Portion(s)

1

Difficulty



Method

- In plenty of water, soak the spring onion for the stew. Allow 1 hour so you can clean them more easily. Strain.
- Peel with a knife and pat dry. Set aside for later.
- Heat the olive oil in a **pot** over medium heat.
- Sauté the mushrooms (whole) for 2-3 minutes or cut them in 2 pieces if they are very big.
- **Cut** the eggplants into 2 cm pieces and add them to the pot. Sauté for 2-3 minutes until golden.
- Add the whole spring onions for the stew to the pot.
- **Cut** the onion and the garlic in slices. Add them to the **pot** and sauté for 1 more minute.
- Dust with flour and mix with a wooden spoon.
- Add the tomato paste and mix.
- Add the wine, vegetable cube, thyme, salt and pepper.
- Allow a small quantity of wine to evaporate and add the water.
- Boil for 30-40 minutes until the eggplants and the spring onions are soft and you have a thick sauce.
- Remove pot from heat.
- Season to taste and serve with wild rice (boil following the instructions on the package) and extra thyme.

Ingredients

- 10 onions for the stew
- 2 tablespoons olive oil
- 200 g small white mushrooms
- 2 eggplants (400 g)
- 1 onion
- 3 cloves of garlic
- 2 tablespoons all-purpose flour
- 2 tablespoons tomato paste
- 500 g red wine
- 1 vegetable cube
- 2 tablespoons fresh thyme, only the leaves + extra for serving
- 250 g water
- salt
- pepper
- 400 g mix of rice and wild rice for serving

Διατροφικός πίνακας

Nutrition information per portion

193 Calories (kcal)	3.2 Total Fat (g)	0.6 Saturated Fat (g)	30.0 Total Carbs (g)
10%	5%	3%	12%
8.9 Sugars (g)	6.1 Protein (g)	5.4 Fibre (g)	0.16 Sodium (g)
10%	12%	22%	3%