



# Lentil-stuffed eggplants

10'  
Hands on

35'  
Cook Time

2-4  
Portion(s)

1  
Difficulty



## Ingredients

- 2 eggplants
- 2 tablespoon(s) olive oil
- salt
- pepper
- 200 g lentils, boiled in tomato sauce
- 400 g canned tomatoes, optionally
- 150 g gruyere cheese, grated

To serve

- 2 tablespoon(s) parsley, finely chopped

## Διατροφικός πίνακας

Nutrition information per portion

275 Calories (kcal)	19.0 Total Fat (g)	9.8 Saturated Fat (g)	9.6 Total Carbs (g)
14%	27%	49%	4%
7.1 Sugars (g)	13.0 Protein (g)	4.0 Fibre (g)	0.99 Sodium (g)
8%	26%	16%	17%

## Method

- Preheat the oven to 180° C (350° F) set to fan.
- Cut the eggplants in half, lengthwise, and score their flesh with a knife in a crisscross pattern. Grease them, season with salt and pepper, and put them in a [baking pan](#) lined with parchment paper, cut-side down.
- Bake in the oven for 30 minutes until the eggplants are tender.
- Flip the eggplants over and stuff them with the lentils and their sauce. If the lentils do not have any tomato sauce, stuff with the canned tomatoes.
- Sprinkle with the grated gruyere cheese and put them back in the oven for 5 minutes, until the cheese melts.
- Remove from the oven.
- Sprinkle with the finely chopped parsley and serve.