



Roasted eggplants with sweet and sour tomatoes

15'
Hands on

50'
Cook Time

4
Portion(s)

1
Difficulty



Method

- Preheat oven to 200* C (390* F) Fan.
- **Cut** the eggplants in half, lengthwise. Remove their stem and score them all over, in a crisscross manner using a sharp knife. Make sure you don't rip or tear their skin.
- Add half of the olive oil, salt, pepper and thyme. Rub all over with your hands to coat.
- Transfer to a **baking pan** lined with parchment paper, cut side down.
- Bake for 30-40 minutes, until they soften.
- Remove from oven and flip the eggplants over, cut side up. Use a spoon to push on the flesh to create an indentation.
- Heat the remaining olive oil in a **pan** over medium heat. **Finely chop the onion** and garlic and add them to the pan. Sauté for 2 minutes, until they soften and turn light golden.
- Add the tomato paste, sugar, salt and pepper. Sauté for 1 minute.
- Deglaze pan with balsamic vinegar, remove from heat and transfer contents to a **bowl**.
- **Cut the cherry tomatoes in half** and add them to the bowl along with the raisins. Mix and divide the mixture over the eggplants. Sprinkle with pine nuts.
- Add the water to the pan and bake again for 15 minutes.
- When ready, remove from oven, sprinkle with finely chopped parsley and serve.

Ingredients

- 2 eggplants, large
- 50 g olive oil
- salt
- pepper
- 1 tablespoon fresh thyme
- 2 cloves of garlic
- 1 onion
- 40 g balsamic vinegar
- 1 teaspoon tomato paste
- 1 tablespoon granulated sugar
- 50 g raisins
- 250 g cherry tomatoes
- 50 g water
- 50 g pine nuts
- 2 tablespoons parsley, finely chopped

Διατροφικός πίνακας

Nutrition information per portion

281 Calories (kcal)	16.0 Total Fat (g)	1.7 Saturated Fat (g)	24.0 Total Carbs (g)
14%	23%	9%	9%
23.0 Sugars (g)	5.3 Protein (g)	5.5 Fibre (g)	0.66 Sodium (g)
26%	11%	22%	11%