



Stuffed Eggplant with Capsicum and Tawny Sauce



4 Servings



Prep: 15 mins

Cook: 45 mins

INGREDIENTS

- 2 eggplants, halved
- 1 onion, chopped
- 4 tbsp olive oil
- 2 tbsp balsamic glaze
- 1/2 cup Tawny
- 500 g beef mince
- 2 tomatoes, chopped
- **3 tsp Belicious Italiana Mix**
- 1 red capsicum, seeded & chopped into small pieces
- Salt to taste

DECORATION/ACCOMPANIMENT

Fresh parsley

LET'S GET COOKING!

Eggplant Bowls

1. Preheat oven to 200°C.
2. Halve the eggplants lengthways. Scoop out the flesh, by slicing criss-cross with a knife, then scooping out with a spoon. Leave a 5mm thickness. Finely chop the eggplant flesh and reserve.
3. Place eggplant halves on a lightly greased baking tray. Brush with 2 tbsp olive oil. Bake for 7 minutes and remove.
4. Reduce oven to 180°C.
5. Stuffing mixture.
6. Drizzle 2 tbsp olive oil in a frying pan. Place over medium-high heat. Add the onion and the capsicum, and stir to fry, without letting it go soft.
7. Add the Tawny and the Balsamic Glaze, bring to the boil until it foams, remove and set aside.
8. Add the 500g g Mince to the same pan, Stir until brown. Add reserved eggplant, Tomatoes, salt to taste, Belicious Italiana Herb Mix and cook until brown.
9. Remove from heat, stir in the red pepper and onion mix.
10. Fill eggplant shells with the mixture. Bake for 20 mins or until tender.

Top with fresh parsley and you're ready to serve!

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