

Morrocan Lamb Stuffed Eggplant with Baby Spinach Leaves

Our resident Moroccan, Larah, reliably informs us that when you want to impress your guests, lamb is the way to do it. It's tender and rich and guaranteed to satisfy. Whether you're entertaining at a dinner party or just eating in tonight, this spiced stuffed eggplant will leave you feeling pampered.



Prep: 10 mins **Cook:** 30 mins **Total:** 40 mins



level 1



lactose free



low carb





Olivo Oil



Eggplant



Brown Onion



Garli



Lamb Mind



Cumin & Paprika Spice Mix



Tauranta Darata



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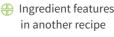


Panko Breadcrumbs



Baby Spinach Leaves

	2P	4P	Ingredients		Ingredient featuin another recip	
	1	2	eggplant, sliced in half lengthways			
	1 ½ tbs	3 tbs	olive oil *		* Pantry Items	
	1	2	brown onion, finely chopped	1111		
	1 clove	2 cloves	garlic, peeled & crushed	⊕	Pre-preparation	
	1 packet	2 packets	lamb mince		A	
	½ sachet	1 sachet	cumin & paprika spice mix (recommended amount)		Nutrition per Energy	1930
	½ sachet	1 sachet	tomato paste (recommended amount)		Protein	37.9
	½ bunch	1 bunch	parsley, leaves picked & roughly chopped	#	Fat, total	22.4
	½ packet	1 packet	panko breadcrumbs (recommended amount)		-saturated	6.2
	1 bag	2 bags	baby spinach leaves, washed		Carbohydrate	22.4
	<u> </u>				-sugars	11.3
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Fat, total	22.4	g				
-saturated	6.2	g				
Carbohydrate	22.4	g				
-sugars	11.3	g				
Sodium	190	mg				



You will need: chef's knife, chopping board, garlic crusher, spoon, aluminium foil, oven tray lined with baking paper, medium frying pan, wooden spoon and small bowl.

- 2 Using a small spoon, scoop out the flesh of the eggplant halves leaving a 1 cm border around the edges. Roughly chop the flesh and set aside for later. Drizzle the inside of the eggplant halves with a third of the olive oil. Season generously with salt and pepper. Wrap each eggplant half tightly in aluminium foil and place on the prepared oven tray. Cook the eggplant in the oven for 20-25 minutes, or until soft and slightly collapsing.



3 Meanwhile, heat a lightly greased medium frying pan over a medium-high heat. Cook the brown onion, garlic and lamb mince for 4-5 minutes, breaking up with a wooden spoon, until browned. Add in the reserved eggplant flesh and cumin & paprika spice mix. Continue cooking for 4-5 minutes, or until the eggplant is soft. Stir through the tomato paste and half the parsley. Simmer for **2-3 minutes**. Remove the frying pan from the heat.



- 4 Once the eggplant is out of the oven, spoon the mince mixture into the centre of the eggplant.
- 5 In a small bowl, combine the panko breadcrumbs, remaining parsley and remaining olive oil. Season with salt and pepper. Sprinkle the crumb mixture over the mince and return to the oven. Cook for 5-10 minutes, or until the crumb is golden.



To serve, divide the eggplant and baby spinach leaves between plates. Enjoy!