

Stuffed Aubergine with roasted vine tomatoes

(Serves 1)

Ingredients

- 200g Aubergine
- 10 sprays Olive oil spray
- 1/2 tbsp Pine nuts
- 1 tsp Oil, Olive, napolini
- 50g Onions, red, diced
- 1 Garlic clove, crushed
- 1/4 Pepper, red, deseeded & diced
- 1/2 x 800g slice Bread, wholemeal, Hovis, grated
- 1/2 tsp Mixed herbs, dried
- 1/8th tsp Black pepper
- 1/4tsp Tabasco sauce
- 1/2 tbsp Oil, Olive, napolini
- 80g Tomatoes, vine, whole

Preparation

1. Heat oven to 200°C/400°F/Gas Mark 6 (Fan 180°C).
2. Slice aubergine in half lengthways.
3. Cut a border around inside of aubergine leaving a few centimetres around edges.
4. Scoop out the flesh & set aside. Spray aubergine shell with 5 sprays of the olive oil spray.
5. Cover shell with foil & bake for 15 minutes. Remove foil & set aside.
6. Heat a frying pan on hob. Spray remaining 5 sprays of oil in pan & fry pine nuts for 2-3 minutes until nicely browned.
7. Remove from pan & set aside. Heat the 1 tsp oil in frying pan.
8. Sweat onions & garlic for 2-3 minutes. Add aubergine flesh & red pepper.
9. Cook for 2-3 minutes. Add breadcrumbs & cook for a further 2 minutes.
10. Remove from heat. Add mixed herbs, black pepper, pine nuts & tabasco sauce. Stir.
11. Spoon mixture back into aubergine shell. Drizzle with the 1/2 tbsp oil.
12. Bake for 10 minutes on bottom shelf.
13. Add tomatoes on vine & cook for a further 5 minutes.
14. Serve immediately.

TOP TIP: Use bread that is a couple of days old & fold it in half prior to grating. It grates more easily.

**NUTRITIONAL VALUES
PER SERVING**

Calories 299

Total Sugars 11.71g

Total Fats 18.85g

Saturated Fats 2.81g

Salt 0.28g

Fruit & Veg 4.6