

Eggplant stuffed with tofu and chickpeas, curry and thyme

Recipe for 4

Description

Ingredients

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- 2 Large Eggplant
- 1 Unit(s) Onion
- 2 Unit(s) Red pepper
- 300 Ml Tomato sauce
- 1 Clove(s) Garlic
- 1 Sprig(s) Thyme
- 1 Tbsp Curry powder
- 60 Gr Tofu firm
- 150 Ml Chick peas can (540ml)

- Olive oil
- Salt and pepper

Preparation

- Preparation time **45 mins**
- Preheat your **Oven** at **400 F°**

Prep before the class

Rince and drain the chickpeas

Put the peppers on a baking tray. Drizzle with a dash of olive oil and bake in the oven until they start to blacken. When they start to burn on almost 50% remove from oven and peel the skin using the tip of a knife. Keep only the flesh and cut in dices.

Dice the tofu.

For this recipe you will need :

1 cutting tray with knives

1 pot

1 wooden spoon

1 baking tray

Parchment paper

1 large cooking pan

1 baking dish

1 colander

Eggplants

Remove the stalks from the eggplant (both sides). Slice the eggplants in 3. The slice in the middle

should be ½ inch wide and cut it in little cubes. Keep them aside.

Season the other halves of the eggplants with salt and pepper and curry (or cumin) and brown them in a hot skillet on the flesh side.

Then bake in the oven on a baking tray covered with parchment paper for 10 min (flesh side up this time)

Filling

In a hot pan, pour a dash of olive oil, add the chopped onion, the dices of pepper and the dices of eggplant. Season with salt and pepper. let cook for few minutes and remove from heat, Pour in a big bowl.

In the same pan, add more olive oil and cook the chick peas and tofu. Season with salt. Add some more spices at this point if you want (like paprika or more cumin). Add the tomato sauce and mix well. Add the veggies, and cook at high heat.

Plating

Remove the eggplants from the oven and put your oven on high broil.

Open your eggplants a bit and stuff with the filling. If you have some breadcrumbs you can add some on top with little knobs of butter and broil in the oven for 5 min max. Garnish with thyme.

Bon appétit!