

Mediterranean Aubergines



Serves 4

Prep 15 mins

Cooking 30 mins

Easy

Ingredients

2 large aubergines, halved lengthways or 4 baby aubergines
2 tsp olive oil + extra
1 onion or 2 -3 shallots, finely chopped
115-175g button mushrooms, sliced
4 tomatoes, seeded & diced
25g butter, melted
4 slices of crustless white bread, crumbed
2 tbsp freshly grated Parmesan
1 tbsp each chopped parsley, basil & tarragon

For the easy tomato coulis:

400g can chopped tomatoes
1 tbsp tomato ketchup
salt & pepper

Green salad to serve

1. First make the tomato coulis: empty the canned tomatoes into a small pan and bring to a simmer. Cook until the liquor reduces and the tomatoes start to break up and thicken. You can use a balloon whisk to give the sauce a smooth texture. Reduce to a coating consistency, then stir in the ketchup. This will help the tomato coulis to bind. There is no need to strain the sauce for this dish. Season with salt & pepper and set aside while preparing the aubergines.
2. On the flesh side, use a sharp knife to cut a deep border 5mm from the aubergine skin. Scoop out the flesh with a spoon & reserve. Cook the shells, by either baking or grilling until just tender. To bake, sprinkle with salt, pepper & a little olive oil and cook in a preheated oven at 200C/fan oven 180C/Gas 6 for 15-20 mins until just cooked. To grill, season & oil as for baking & put under a preheated grill; cook for 6-8 mins on each side.
3. For the filling: chop the aubergine flesh into 1cm dice. Heat the 2 tsp olive oil in a large frying pan or wok & throw in the onion or shallots. Cook for 2-3 mins until slightly golden, then add the diced aubergine & the mushrooms. Cook for a further 2-3 mins, then add the diced tomatoes. Cook for a few mins more until all the ingredients are tender.
4. Now add some of the prepared coulis to the filling to give a binding consistency. I find 4 or 5 tbsp is enough. Season to taste. Spoon the filling into the shells, packing it in.
5. In a bowl, mix the melted butter with the breadcrumbs, Parmesan and parsley, basil and tarragon. Sprinkle loosely over the aubergines.
6. Now simply slide them under a hot grill and cook until they're golden brown. Put an aubergine half on each serving plate and serve with a simple green salad.