



PULSE PACKED EGGPLANT BOATS

(AIR-FRYER)



4 servings



45 minutes

INGREDIENTS

- 1 can chickpeas, rinsed, drained and pat dry
- 2 large eggplants
- 4 tablespoons olive oil
- Pinch of salt
- 1 small brown onion, finely chopped
- 2 garlic cloves, minced
- 300g beef or lamb mince
- 1 medium carrot, grated
- 1 x 400g canned lentils, rinsed and drained
- 1 teaspoon ground cumin
- 2 tablespoons paprika
- ½ teaspoon ground cinnamon
- 400g can diced tomatoes
- ½ cup water
- Pinch of pepper
- Extra parsley or mint
- Pomegranate arils

Herbed yoghurt:

- 200g natural yoghurt
- 1 tablespoon chopped fresh parsley
- 1 tablespoon chopped fresh mint
- ½ lemon, zested and juiced
- Pinch of salt

DIRECTIONS

1. Line a baking tray with baking paper and spread chickpeas out evenly. Drizzle with olive oil and top with 1 teaspoon of smoked paprika and salt. Transfer into the air-fryer to roast for 10-15 minutes at 200°C or until crispy.
2. Slice eggplants lengthways and score the flesh. Brush cut sides with olive oil, sprinkle with salt, and place in the air fryer basket. Cook at 180°C for 12-17 minutes or until tender.
3. While eggplants cook, heat remaining oil in a pan over medium-high heat, sauté onion and garlic 3-4 minutes. Add mince and cook, breaking up lumps until browned. Stir in carrot, lentils, cumin, paprika, cinnamon. Add tomatoes, water, and simmer 12-15 minutes until thick. Season with salt and pepper to taste.
4. Meanwhile, in a small bowl, combine yoghurt, parsley, mint, lemon zest and juice, and salt.
5. Remove eggplants from air fryer and remove the soft flesh. Combine flesh with mince mixture and spoon filling into eggplants.
6. Top with herbed yoghurt and garnish with parsley/mint, chickpeas, and pomegranate arils.