



PULSE PACKED EGGPLANT BOATS

(VEGETARIAN)



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 mushrooms (button or portobello)
- 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. Preheat the oven to 190°C and line two baking trays with baking paper. Spread chickpeas out evenly on one tray, drizzle with olive oil and top with 1 teaspoon of smoked paprika and salt. Roast in the oven for 25-30 minutes or until crispy.
2. Slice eggplants lengthways and score the flesh. Brush cut sides with olive oil, sprinkle with salt, and place in the oven for 40 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 mushrooms and cook for 3-4 minutes or until softened. 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 oven and remove the soft flesh. Combine flesh with lentil mixture and spoon filling into eggplants.
6. Top with herbed yoghurt and garnish with parsley/mint, chickpeas, and pomegranate arils.