

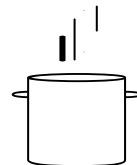


Omega Stuffed Aubergines

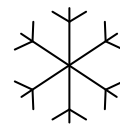
Aubergine is a great 'meaty' vegetable and when stuffed with yummy bulgur wheat and juicy tomatoes – it'll be sure to fill you up and leave you feeling satisfied!



15 mins



30



2

Ingredients

2 large aubergines
125g buckwheat
5 tbsp The Groovy Food Company Omega High Five Oil
The zest and juice of ½ lemon
1-2 tbsp harissa
2 medium vine tomatoes
A handful of chopped fresh flatleaf parsley
150g crumbled vegan feta cheese

Directions

1. Preheat the oven to 200°C/fan180°C/gas 6.
2. Halve the aubergines lengthways and place on a baking sheet. Drizzle with Omega High Five Cooking Oil and season well. Roast for 20 minutes until tender.
3. Meanwhile, cook the buckwheat according to pack instructions. Stir in 2 tbs of omega high five oil, the zest and juice of one lemon and harissa.
4. Deseed and finely chop the tomatoes and stir into the buckwheat with the parsley and goat's cheese.
5. Remove the aubergines from the oven and, once they've cooled a little, carefully scoop out the flesh and roughly chop and add to the buckwheat mixture and season well.
6. Spoon the mixture back into the aubergine skins and return to the oven for 10-12 minutes. Delicious served with a green salad.