



# MARLEY SPOON



## Fragrant Stuffed Eggplant with Yoghurt and Pomegranate Molasses

 30-40min  2 Portions

Literally meaning “the imam fainted”, this is an Ottoman dish where the eggplant is usually stuffed with onion, tomato and garlic and cooked slowly in olive oil. Our lighter version bakes the eggplant and we create a fresh tomato sauce that’s scented with spices, fresh coriander, garlic and onion. We drizzle it all with creamy yoghurt and zingy pomegranate molasses and the result is an absolute...

## What we send

- pomegranate molasses
- spice mix
- garlic, oregano, coriander, spring onion
- Greek-style yoghurt <sup>7</sup>
- pistachios <sup>15</sup>
- tomato
- onion
- Japanese eggplant

## What you'll require

- extra virgin olive oil
- salt and pepper
- sugar

## Utensils

- baking paper
- medium saucepan and lid
- oven tray
- small frypan
- Our veggies come straight from the farm, so please wash them before cooking.

## Allergens

Milk (7), Tree Nuts (15). May contain traces of other allergens.

## Nutrition per serving

Energy 420.0kcal, Fat 29.4g, Proteins 9.4g, Carbs 25.6g



### 1. Prepare eggplants

Preheat oven to 220C and line an oven tray with baking paper. Cut the **eggplants** in half lengthwise.



### 2. Roast eggplants

Arrange the **eggplants**, cut-side up, on the prepared tray. Brush with 2 tbs **oil** and season well with **sea salt and pepper**. Roast for 20-25 mins until golden and tender.



### 3. Prepare sauce

Meanwhile, finely chop the **brown onion** and **garlic**. Coarsely chop the **tomatoes**. Chop the **coriander**.



### 4. Cook sauce

Heat 2 tbs **oil** in a medium saucepan over low heat. Cook the **brown onion** and **garlic** for 5 mins or until softened. Add the **spice mix** and stir well. Add the **tomatoes**, ½ tsp **sugar** and **sea salt and pepper**. Cover and simmer gently for 15 mins or until the tomato has softened and mixture thickens. Stir in half the **coriander**.



### 5. Toast pistachios

Meanwhile, heat a small frypan over medium heat and cook the **pistachios** for 3-4 mins until toasted. Set aside to cool.



### 6. Get ready to serve

Thinly slice the **spring onion**. Pick the **oregano** leaves. Coarsely chop the **pistachios**. Place the **eggplants** on a large platter and spoon over the sauce to almost completely cover them. Spoon over the yoghurt and drizzle with **pomegranate molasses**. Scatter with oregano, spring onion, pistachios and remaining **coriander**.