

BAKED FILLED AUBERGINES (VE)

These Baked Filled Aubergines are stuffed with chickpeas, bulgur and Feta-style cheese in this tasty vegan recipe from [The 28-Day Immunity Plan](#)

Serves 2

Per serving: 403 calories, 2.2g fat

Prep time: 10 mins

Cook time: 60 mins

INGREDIENTS

2 medium aubergines
1 x 210g tin of chickpeas in water, drained
60g bulgur wheat grains – dry weight
1 small red onion
1 x 210g tin of kidney beans, drained
1 clove of garlic peeled and finely diced
¼ tsp ground cinnamon
¼ tsp chilli powder
50g feta-style plant-based cheese
Rapeseed oil spray
Salt and freshly ground black pepper
A few fresh mint leaves, finely chopped

METHOD

1. Preheat the oven to 190°C, 375°F, Gas mark 5.
2. Place a cut along the length of each aubergine, about a quarter of the way through. Lay the aubergines, cut side down, on a lined baking tray and roast in the oven until the flesh is tender, approx. 45 mins.
3. In the meantime, place the bulgur wheat into a bowl and cover with boiling water. Set aside for 25-35 mins until the grains have softened and the liquid absorbed.
4. Peel the onion, cutting a few slices for garnish, then dice the remainder.
5. 10 minutes before the aubergines are due to come out of the oven, pre-heat a small non-stick frying pan and sprays with rapeseed oil. Add the diced onion and garlic to the pan and cook gently for 2 - 3 minutes until softened.
6. Add the drained chickpeas, kidney beans, plus cinnamon and chilli powder to the pan and cook for a further 2 - 3 mins.
7. Drain any excess water away from the bulgur wheat and add the grains to the frying pan. Stir gently to heat through and season with a little salt and freshly ground black pepper. Remove from the heat.
8. Remove the aubergines from the oven. Using 2 forks, gently push the flesh to sides to make room for the filling. Carefully divide the chickpea and bulgur filling between the two aubergines.
9. Crumble over the feta-style cheese. Top with the reserved sliced onion and chopped fresh mint. Serve immediately.

