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Morrocan Lamb Stuffed Eggplant with Baby Spinach Leaves

Our resident Moroccan, Larah, reliably informs us that when you want to impress your guests, lamb is the way to do it. It's tender and rich and guaranteed to satisfy. Whether you're entertaining at a dinner party or just eating in tonight, this spiced stuffed eggplant will leave you feeling pampered.



Prep: 10 mins
Cook: 30 mins
Total: 40 mins



level 1



lactose free



low carb

Pantry Items



Olive Oil



Eggplant



Brown Onion



Garlic



Lamb Mince



Cumin & Paprika
Spice Mix



Tomato Paste



Parsley



Panko Breadcrumbs



Baby Spinach Leaves

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2P	4P	Ingredients
1	2	eggplant, sliced in half lengthways
1 ½ tbs	3 tbs	olive oil *
1	2	brown onion, finely chopped
1 clove	2 cloves	garlic, peeled & crushed
1 packet	2 packets	lamb mince
½ sachet	1 sachet	cumin & paprika spice mix (recommended amount)
½ sachet	1 sachet	tomato paste (recommended amount)
½ bunch	1 bunch	parsley, leaves picked & roughly chopped
½ packet	1 packet	panko breadcrumbs (recommended amount)
1 bag	2 bags	baby spinach leaves, washed

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	1930	Kj
Protein	37.9	g
Fat, total	22.4	g
-saturated	6.2	g
Carbohydrate	22.4	g
-sugars	11.3	g
Sodium	190	mg

2a



You will need: *chef's knife, chopping board, garlic crusher, spoon, aluminium foil, oven tray lined with baking paper, medium frying pan, wooden spoon and small bowl.*

1 Preheat the oven to **220°C/200°C** fan-forced.

2 Using a small spoon, scoop out the flesh of the **eggplant** halves leaving a 1 cm border around the edges. Roughly chop the flesh and set aside for later. Drizzle the inside of the eggplant halves with a third of the **olive oil**. Season generously with **salt** and **pepper**. Wrap each eggplant half tightly in aluminium foil and place on the prepared oven tray. Cook the eggplant in the oven for **20-25 minutes**, or until soft and slightly collapsing.

2b



3 Meanwhile, heat a lightly greased medium frying pan over a medium-high heat. Cook the **brown onion, garlic** and **lamb mince** for **4-5 minutes**, breaking up with a wooden spoon, until browned. Add in the reserved eggplant flesh and **cumin & paprika spice mix**. Continue cooking for **4-5 minutes**, or until the eggplant is soft. Stir through the **tomato paste** and half the **parsley**. Simmer for **2-3 minutes**. Remove the frying pan from the heat.

3



4 Once the eggplant is out of the oven, spoon the mince mixture into the centre of the eggplant.

5



5 In a small bowl, combine the **panko breadcrumbs**, remaining parsley and remaining olive oil. Season with salt and pepper. Sprinkle the crumb mixture over the mince and return to the oven. Cook for **5-10 minutes**, or until the crumb is golden.

6 To serve, divide the eggplant and **baby spinach leaves** between plates. Enjoy!