

GREEK BAKED EGGPLANT

Prep + cook time: 1 hour Serves: 4

Ingredients

2 large eggplants (1kg), halved lengthways	2 medium roma (egg) tomatoes (150g), chopped finely
2 tablespoons olive oil	1 teaspoon finely grated lemon rind
½ medium red onion (85g), chopped finely	1 teaspoon lemon juice
1 stick celery (150g), trimmed, chopped finely	100g (3 ounces) fetta, crumbled
1 clove garlic, crushed	⅔ cup (100g) pitted black olives, chopped finely
2 teaspoons finely chopped fresh oregano leaves	¾ cup (55g) panko (japanese) breadcrumbs
1 large red capsicum (bell pepper) (350g), chopped finely	¾ cup (60g) finely grated parmesan
	1 tablespoon coarsely chopped fresh flat-leaf parsley

1. Preheat oven to 220°C/425°F. Line two oven trays with baking paper.
2. Using a small knife, cut a 1cm (½-inch) border inside each eggplant half; scoop out the flesh without breaking the skin. Reserve flesh for another use. Place eggplant shells, cut-side-up on oven trays; cover with foil. Bake 25 minutes.
3. Meanwhile, heat half the oil in a large frying pan over medium heat; cook onion, celery, garlic and oregano, stirring, 3 minutes or until soft. Add capsicum; cook, stirring, 3 minutes or until soft. Stir in tomato, rind and juice; remove from heat. Stir in fetta and olives; season to taste.
4. Combine breadcrumbs, parmesan and parsley in a small bowl; season to taste.
5. Reduce oven to 200°C/400°F.
6. Spoon capsicum mixture into eggplant halves; top with breadcrumb mixture. Bake 25 minutes or until eggplant is tender. Drizzle with remaining oil before serving.

Serving suggestion

A green leaf salad.

