

Baked Eggplants with Lentils and Feta



A great vegetarian dish for entertaining, or for a weekday dinner that you can reheat for lunch the next day!

Ingredients

- 2 large eggplants
- 2 tbsp extra virgin olive oil
- 1 small brown onion, chopped
- 2 tsp minced garlic
- 1 cup green lentils
- 2 cup vegetable stock
- 1/2 tsp salt
- 250 g cherry tomato
- 1 cup baby rocket
- 1 baby fennel, shaved
- 1/2 cup parsley
- 200 g crumbled feta

Juice of half a lemon

1/2 juice of lemon (for the dressing)

30 g tahini (for the dressing)

2 garlic cloves, minced (for the dressing)

1 cup yogurt (for the dressing)

1/2 cup mint and dill leaves, chopped (for the dressing)

Method:

1. Preheat the oven to 200C.
2. Cut the eggplant lengthwise and score the flesh.
3. Drizzle with 1 tbsp oil and a pinch of salt, then bake the eggplant for 25min. Add in the tomato and bake for another 5 mins.
4. Meanwhile, put a saucepan on medium heat and cook the garlic and onion with 1 tbsp of oil until the onion is soft.
5. Add the lentils and stock, simmer for 10-20min until the lentils are softened. Add the fennel and cook for a further 3 mins. Drain and cool.
6. Put the lentils and fennel in a bowl, add lemon juice and sprinkle with salt and pepper.
7. Mix the dressing ingredients together.
8. Remove the eggplant and tomato from the oven, put onto a platter and top with the tomatoes, lentil & fennel, add the crumbled feta on top and serve with dressing, rocket and herbs.