



SALSA FILLED EGGPLANTS

ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts

Prep time: 20 mins

Cook time: 50 mins

Serves: 2



INGREDIENTS

- 2 x large eggplants
- 1/4 cup olive oil
- 2 cloves garlic
- 1 medium zucchini, finely diced
- 1 large tomato
- 1 tbsp thyme (fresh or dried)
- 1 tsp pink salt
- 1/4 tsp ground black pepper
- 1/8 tsp cayenne pepper (optional)
- juice of 1 small lime (or lemon)

METHOD

- Preset oven to 180°C (350°F).
- Line oven tray with baking paper.
- Wash, then bake eggplants whole for 40-45 minutes, cool 10 minutes.
- Make filling while baking.
- Remove eggplants from oven and cut through lengthwise.
- Scoop out the flesh and dice, then add to tomato mixture, mix well.
- Spoon mixture into eggplant cases and bake a further 15-20 minutes.
- Place grated dairy free cheese on top if desired.
- Remove and eat hot as a main dish, or with fish or vegetables.
- **FILLING**
- Heat oil in pan on stovetop, on medium high.
- Add garlic, zucchini and tomato and fry for 10 minutes while stirring.
- Add thyme, salt, pepper, lime juice and cayenne and fry for 5 minutes while stirring.
- Spoon into eggplant cases when required.