

PLANT-BASED RECIPES · Nº 03

Filled eggplants

03

#plant-based #high-protein #weeknight-friendly

OVEN 200 °C

BAKE 30-35 MIN

You can try it out with bell pepper too!

INGREDIENTS

- [ ] Eggplants (2)
- [ ] Carrots (2–3 big ones)
- [ ] Onion (1 big)
- [ ] Tomato paste (2 tbsp)
- [ ] Soy minced meat

Before you start: *Preheat the oven to 200 °C. Wash the eggplants, peel them and cut them in slices like the ones in the photo. Drizzle with olive oil and season with salt. Bake 15 minutes, until softened and lightly golden.*

✂ CUT & KEEP

STEPS

1. **Prepare the filling.** Finely chop the onion and grate the carrots. Sauté the onion in a pan with a little oil until translucent. Add the carrots and cook for a few minutes.
2. **Add tomato paste.** Stir in 2 tablespoons of tomato paste and cook briefly to combine.
3. **Add the soy minced meat.** Add it to the pan.
4. **Season to taste.** Season with salt and mix well. Cook until everything is well combined and heated through.
5. **Combine.** Add the filling on top of the eggplants. You can optionally add some cheese. Bake 15–20 more minutes.

MY NOTES