

# Eggplant stuffed with peppers and ground beef, curry and thyme

## Recipe for 2

### Description

A quick recipe that can easily be transformed in a vegetarian option. (Tofu or Chickpeas)

### Note

If you use Tofu, pre cook them in some salted water for 5 minutes before adding them on your eggplants.

### Ingredients

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- 1 Large Eggplant
- 1 Small Yellow onion
- 1 Unit(s) Red pepper
- 200 Gr Ground beef
- 150 Ml Tomato sauce
- 1 Clove(s) Garlic
- 1 Sprig(s) Thyme
- 1 Tsp Curry powder
  
- Butter
- Salt and pepper
- Olive oil

### Preparation

- Preparation time **45 mins**
- Preheat your **Oven** at **400 F°**

To prepare before class

### Ingredients

Rinse and drain the chickpeas (vegetarian option)

Put the peppers as is on an oven plate, sprinkle some canola oil on them and put them in the oven. The skin of the peppers need to be blackened, at least 50% of their surface. Get the peppers out and peel them with a pairing knife. We only need the flesh of the pepper, not it's skin.

### Materials

- 1 cutting board, 1 chef knife
- 1 pan, 1 spatula, 1 plate
- 1 small pot

The Eggplants

Heat up your pan. Cut off the little head off the eggplants. Cut the eggplant in 3 vertically and then remove the center of each one, about 1.5cm, to create a flat surface on each third of eggplant. Keep that piece to cut in cubes for later on.

Season the eggplants with salt, curry and place in the hot pan with some oil skin side up. Color them until nice and dark brown.

### The Stuffing

In another pan, sauté the onions with some oil to color them, then add in your pepper and eggplant cubes, season.

Once every veggie is cooked, remove them from the pan. Then add season the meat and add in in the same pan with a bit of oil. Mix well, and season with which ever spice you like. Then add in your cooked veggies, turn up the heat until everything is nice and hot.

### Dressing the eggplants

Get the eggplants out of the oven and put your oven on Broil.

Put the stuffing on the eggplants, and if you have a bit of breadcrumbs or Panko at home, add some on top with a knob of butter and pass them in your oven on Broil to gratinate them !

**Bon appétit!**