

## Eggplant Boats

**Serves:** 4

**Prep time:** 20 minutes

**Cook time:** 35-40 minutes



3 serves per portion

### Ingredients

- 2 medium eggplants
- 2 tablespoons olive oil
- 200g mushrooms, sliced
- 1 small brown onion, finely diced
- 1 carrot, grated
- 3 garlic cloves, minced
- Salt and pepper to taste
- 3 cups baby spinach
- 400g jar passata
- 3 tablespoons fresh basil leaves, chopped
- 1 cup cottage cheese, reduced fat
- 1 cup mozzarella, grated

### Method

PREHEAT the oven to 220°C and line a large baking tray with baking paper.

HALVE the eggplants lengthwise and score the flesh a couple of centimetres deep, in a criss-cross pattern. Brush the scored side with olive oil and season with salt.

PLACE eggplants cut-side down onto baking tray and roast for 20-25 minutes or until tender.

HEAT 1 tablespoon olive oil in a large skillet over medium heat.

ADD onion and cook for 2-3 minutes, stirring frequently. Add mushroom and carrot and cook for a further 5 minutes or until softened.

ADD the garlic, salt and pepper and cook for a further minute then stir in baby spinach and cook until wilted. Remove from heat.

SCOOP flesh out of eggplants once cool enough to handle, leaving a 1cm border.

CHOP the scooped flesh and add it to the vegetable mixture.

STIR passata and basil into vegetable mixture then divide evenly among the eggplant halves.

DOLLOP cottage cheese over the stuffed eggplants then sprinkle with mozzarella cheese.

BAKE in oven for 15 minutes, then grill for an additional 2-3 minutes until cheese is bubbly and golden.



Everyday Food

*Recipe courtesy of Hero the Veg Competition Entrant*