



JERNEJ KITCHEN

EGGPLANT WITH BUCKWHEAT AND TOMATO SAUCE

Eggplant stuffed with buckwheat, feta cheese and served with light tomato sauce. Wonderful, healthy vegetarian main dish recipe that's easy to make.

SERVES	4	PEOPLE
PREPARATION:	30	MINUTES
BAKE:	40	MINUTES
TOTAL TIME:	70	MINUTES

EGGPLANT WITH BUCKWHEAT, FETA CHEESE AND TOMATO SAUCE

60 g whole grain buckwheat groats

4 large tomatoes

500 g tomato passata (sauce)

1/2 tsp oregano (dried or fresh)

2 tbsp olive oil

4 large eggplants

1 tbsp balsamic vinegar

1/2 tsp harissa (optional)

1 handful of chopped parsley

1 chopped clove of garlic

1 tsp tahini (optional)

20 g feta cheese

40 g breadcrumbs (gluten free if you are intolerant)

20 g freshly grated parmesan cheese

100 g greek yogurt (or plain yogurt)

TOOLS AND EQUIPEMENT

chopping board

kitchen knife

baking dish (approx. 20 x 30 cm / 8 x 12-inch)

BUCKWHEAT

Add buckwheat to a large bowl, pour in some water, just so that it covers the buckwheat and leave overnight. If you don't have the time, then place the buckwheat into a pot and cook for about 5 minutes in salted boiling water. Drain and set aside.

TOMATO SAUCE

Cut the tomatoes into smaller chunks. Place into a baking dish (approx. 20 x 30 cm / 8 x 12-inch). Add the tomato passata, season with salt, pepper, oregano and a tablespoon of olive oil, stir to combine. Cover with aluminum foil and place in a preheated oven. Bake for about 30 minutes at 210°C / 410°F.

EGGPLANT

Prick the eggplant several times with a fork. Then you can 1) hold it with tongs directly over the grill flames and cook it for about 10 minutes, turning regularly or 2) cook it for about 10 minutes outside on a barbecue. You want to cook the eggplant until it is totally black on the outside, burnt. Wrap in plastic wrap, set aside for about 5 - 10 minutes for the skin to get loose, then peel it with your hands.

BUCKWHEAT MIXTURE

Place the buckwheat to a large bowl. Add the balsamic vinegar, 1/4 tsp of harissa (optional, but highly recommend it), chopped parsley, olive oil, chopped garlic, tahini (optional, but highly recommend it) and shredded feta. Stir to combine, season with salt and pepper.

FILL EACH EGGPLANT

Remove the tomato sauce from the oven and carefully place

aluminum foil
bowl

each (whole) eggplant on top of the sauce. Using a sharp knife, cut the eggplant lengthways, but make sure not to cut it all the way through. Fill each eggplant with a generous amount of the buckwheat mixture.

BAKE

In a small bowl combine the breadcrumbs, parmesan cheese and one tablespoon of olive oil. Generously sprinkle over the stuffed eggplants. Place in the oven and bake (broil) for about 10 minutes at 210°C / 410°F.

SERVE

In a small bowl combine Greek yogurt, 1/4 tsp of harissa (optionally). Serve eggplant with buckwheat, feta cheese and tomato sauce with a generous dollop of Greek yogurt and sprinkle with some fresh, chopped parsley. Enjoy.