



Vegetarian Stuffed Eggplant

This easy stuffed eggplant recipe begins with tender roasted eggplant halves that are filled with a simple vegetarian mix of toasted pine nuts chickpeas, tomatoes, couscous and fresh herbs. Great as a vegetarian main or as a side next to your favorite protein.

INGREDIENTS

2 large eggplants

Kosher salt

Extra virgin olive oil

For spice mixture

$\frac{3}{4}$ tsp allspice

$\frac{3}{4}$ tsp coriander

$\frac{1}{2}$ tsp paprika

$\frac{1}{2}$ tsp ground cinnamon

For the Filling:

1 cup dry couscous I used this one

1 cup canned or cooked chickpeas drained

1 grape tomatoes

1 green onion chopped

$\frac{1}{3}$ cup pine nuts

Handful fresh parsley finely chopped

To Serve:

Tahini sauce per this recipe

INSTRUCTIONS

Cut eggplant in half lengthwise. Season the flesh with kosher salt. Set aside, flesh side up, for 20 to 30 minutes to allow the eggplant to "sweat." Pat dry with a paper towel. (This is an optional step but can make a big difference).

eggplant cut in halves and salted

Heat the oven to 425 degrees F.

In a small bowl, mix together the spices (allspice, coriander, paprika, and ground cinnamon).

Pat eggplant dry. Brush the flesh with extra virgin olive oil. Set aside about 1 tsp of the spice mixture and use the rest to season the eggplant (rub the spice mixture all over the top of each eggplant half.)

Roast the Eggplant. Place eggplant halves, flesh side up, on a generously oiled sheet pan. Bake in the heated oven for 35 to 45 minutes or until the eggplant flesh is nice and tender.
Roasted eggplant on a sheet pan

Cook the instant couscous, while the eggplant is roasting. Heat a little bit of extra virgin olive oil in a saucepan. Add the couscous and cook briefly, stirring regularly, until toasted. Add 1 cup of boiling water to the couscous and immediately remove from heat. Cover and let sit for 10 minutes until the couscous is cooked (it will double in size).

Cooked Instant Couscous

Make the filling. Fluff the couscous with a fork and season with a dash of salt and the 1 tsp of spice mixture you reserved earlier. Add chickpeas, chopped tomatoes, green onions, and parsley. Toss to combine. filling of couscous, chickpeas, tomatoes, green onions and parsley
If you're adding tahini sauce, make it according to this recipe.

Assemble the stuffed eggplant. Arrange the roasted eggplant on a serving platter, flesh side up. With the back of a spoon, push the flesh down to create somewhat of a cavity for the couscous filling. Spoon in the couscous filling drizzle with tahini and serve.