



## Stuffed eggplants

Mediterranean delight from the garden with fresh eggplant. The filling with crunchy peppers, feta cheese and onions is given a spicy note with red wine vinegar.

### Zutaten

4 Portionen

#### Ingredients

4 Piece Eggplants  
2 Bars Celery  
2 Piece Paprika, red  
4 Piece Tomatoes  
2 Piece Garlic cloves  
1 Piece Onion, red  
120 g Feta cheese  
8 EL Byodo Roast Olive Mild  
4 EL Byodo red wine vinegar  
1 TL Ras El Hanout  
250 g Yoghurt  
0.5 Piece Organic lemon  
3 Handles Mint  
Byodo organic sea salt  
Pepper

### Zubereitung

Preheat the oven to 200°C top/bottom heat. Wash the eggplants and cut in half lengthwise. Score the

cut surfaces crosswise and drizzle with a total of 6 tablespoons of Roast Olive Mild. Place the eggplants on a baking tray and bake for 25 minutes.

Finely chop the celery, peppers, onions and garlic. Sauté the onion in 2 tablespoons of olive oil. Add the peppers, celery and garlic. Sauté over a medium heat for a further 2-3 minutes. Season with salt, pepper and ras el hanout. Add the red wine vinegar. Quarter and deseed the tomatoes and add to the pan. Simmer for a further 5 minutes.

Remove the eggplants from the oven and scrape out the insides with a spoon. Add the flesh to the stir-fried vegetables and stir in. Fill the eggplants with the vegetables and place in the oven for a further 25 minutes. 10 minutes before the end of the cooking time, crumble the feta cheese over the eggplants.

Mix the yogurt with 2 tablespoons of lemon juice, the zest of half a lemon, salt and pepper. Chop the mint and mix in.

Arrange the eggplants on a plate, sprinkle with chopped mint and serve with the fresh lemon yogurt.