



## Aubergine and Lentil Bake

Serves 2

Prep time: 5 minutes

Cooking time: 30 minutes

Per portion

Calories: 317

Fat: 12.7g

Saturates: 7.4g

Carbs: 29g

of which sugars: 15g

Fibre: 3.8g

Protein: 21.2g

Salt: 0.72g

### Ingredients:

- 1 large Aubergine
- 1 350g jar Cirio Passata Rustica (or normal passata)
- 50g dry red split lentils
- 100g roughly grated or sliced mozzarella cheese
- 1 yellow pepper, deseeded and cut into 1cm chunks
- 4 spring onions, root removed and finely sliced
- 1 clove of garlic, peeled and finely chopped
- handful of fresh basil leaves, finely chopped
- salt and black pepper to season
- Rapeseed oil spray

### Instructions:

Pre-heat the oven to 200C

Cut the aubergine in half and carefully scoop out the flesh taking care not to damage the skin. Dice the flesh into large chunks and set aside the skins as they will become the shell for the bake.

Heat a frying pan and add a couple of sprays of the oil. Add the garlic, yellow pepper and spring onions and cook for 1-2 minutes, add the aubergine and cook for a further 2 minutes.

Add the lentils, passata and basil. Stir to combine, bring to the boil and then reduce to a simmer and cook for 15 minutes. Season with the salt and black pepper.

Remove from the heat. Place the aubergine skins onto a non-stick baking tray. Divide the aubergine and lentil mixture between the two aubergine shells. Top with the mozzarella and bake at the top of the oven for 10 minutes or until the cheese is bubbling.

Serve straight away