

Stuffed Aubergines

<p>2 aubergines 1 cup farro (use quinoa if gluten free) 2 courgettes 1 large red pepper 1 red onion 1 garlic glove seasoning fresh dill or basil feta cheese or vegan equivalent olive oil</p>	<p>Cut the aubergines in half, season, drizzle a little olive oil on the open halves. Bake in oven 180°C for 25 minutes. Chop onion and fry gently in olive oil. Dice the courgette and red pepper, add to the onion, add the garlic and herbs. Stir well, cook gently for about 5 minutes until beginning to soften. Rinse the farro in a sieve. Add to a saucepan with 3 cups of water. Bring to boil, reduce heat and simmer covered for 15 minutes. Most of the water will have cooked off, remove from heat leave to cool with lid on. Remove aubergines from oven, allow to cool for 5 minutes or so. Scoop the flesh out and chop into the vegetable mix. Taste and season, then add the farro. Chop feta and mix into farro mix. Stuff the aubergines, return to oven and cook for a further 15 minutes. Just before serving add some pumpkin and sunflower seeds to the aubergines. Serve with green vegetables, or a salad.</p>
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