



# Italian Aubergine Bake

SERVES 4

## INGREDIENTS

2 large aubergines  
1 tsp extra virgin olive oil  
2 baby marrow, diced  
2 garlic cloves, crushed  
1 cup green beans, sliced  
400g tin chopped tomatoes, drained  
Fresh basil, chopped  
½ tsp salt  
Black pepper

## METHOD

1. Preheat the oven to 180C.
2. Halve aubergines lengthwise and carefully scoop out the flesh with a spoon. Dice the flesh and set aside.
3. Bring a large saucepan of water to the boil, add the aubergine skins and simmer for 2 minutes or until just softened. Remove and allow to cool.
4. Heat the oil in a wok over high heat and stir fry the diced aubergine, baby marrow, garlic, beans, tomatoes, basil, salt and pepper until the vegetables are soft.
5. Fill the aubergine shells with the vegetable mixture and place on a baking dish lined with baking paper.
6. Bake for 40 minutes.
7. Serve with salad.

