

Stuffed Eggplant With Cashews And Feta

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Nuts are not only full of nutritional value but also make tasty additions to recipes. Try this cashew eggplant dish for a delicious vegetarian dinner.

Ingredients (makes 4 [with cous cous] 10g nuts per serve)

- 2 medium eggplants, halved lengthways
- ⅓ cup roughly chopped cashews
- ½ cup roughly crumbled reduced fat feta
- ½ cup canned chickpeas, drained
- ⅓ cup (4 tablespoons) chopped reduced fat semi dried tomatoes
- 1 medium egg, lightly beaten
- 2 tablespoons shredded basil
- cracked black pepper to taste
- 4 cups cooked cous cous (or rice to make gluten free) to serve

Method

Preheat oven to 200 degrees C. Place eggplants on a baking tray lined with non stick baking paper. Cover with foil and cook for 20 minutes or until just tender. Remove foil and drain any cooking liquid. Cool slightly.

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Mix together the cashews, feta, chickpeas, semi dried tomatoes, egg, basil and pepper until fully combined. Pile on top of the cut side of each eggplant. Bake for 15 minutes until golden and cooked through. Serve with cous cous or rice.

Recipe via [Nuts for Life](#).

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