Eggplant with Cheese Filling

Recipe By Chaya Lallunk

family table Mishpacha
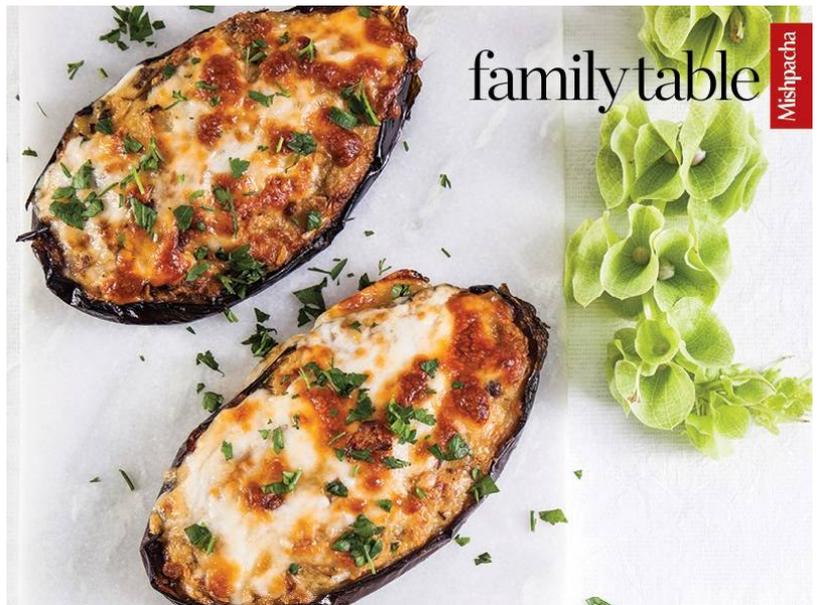
Cooking and Prep: 🕐 40 m

Serves: 8

Contains: 🍾🌰

Preference: Dairy

Difficulty: Easy

Diet: Vegetarian, Pescetarian, Gluten Free, Low Carb, Sugar Free

Source: Family Table by Mishpacha Magazine

Cuisines: Middle Eastern

Another luscious Middle-Eastern dish, try this for a change of pace from your usual dinner options or as a great Melaveh Malkah choice.

Ingredients (14)

For the Eggplant

☐ **2 large** eggplants, unpeeled

☐ oil, for frying

☐ **1 large** onion, diced

- [ ] **14 ounces (400 grams)** feta cheese

- [ ] **Haddar Kosher Salt**, to taste

- [ ] freshly ground **Gefen Black Pepper**

- [ ] handful of fresh parsley, finely chopped, plus more for garnish

- [ ] handful of pine nuts

- [ ] **7 ounces (200 grams)** mozzarella cheese, shredded

For the Lemon-Yogurt Sauce

- [ ] **1 whole** lemon

- [ ] **2 cloves** garlic, minced or **2 cubes** Gefen Frozen Garlic

- [ ] **8 ounces (250 grams)** plain yogurt

- [ ] **Haddar Kosher Salt**, to taste

- [ ] pepper, to taste

Start Cooking

Prepare the Eggplant

1. Cut eggplants in half lengthwise (including stem). Cut a thin slice off the uncut side of each eggplant half so it will lie flat. Make crisscross cuts on the opposite (cut) side.

2. Heat 1 inch (2–3 cm) of oil in a wide frying pan. Fry the eggplant halves on both sides until soft. Cool. Use a spoon to scoop out insides and put them into a bowl.

3. Preheat oven to 350°F (180°C).

4. Meanwhile, sauté the onion and add to eggplant in bowl. Mash with a fork.

5. Crumble the feta cheese in a separate bowl, then add to eggplant mixture. Season with kosher salt and pepper. Add the parsley and pine nuts to the mixture together and mix well.

6. Fill the eggplant halves with the cheese mixture and arrange in a baking dish. Sprinkle with mozzarella cheese and bake until golden. Garnish with fresh parsley.

Prepare the Sauce

1. Squeeze the lemon into a bowl. Add minced garlic and mix together well.

2. Add yogurt and mix until it's the texture of milk. Season with salt and pepper to taste and serve alongside the stuffed eggplant.