Baked eggplant stuffed with couscous, topped with Parmesan

Cuisine: **Czech**
Food category: **Vegetables**

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Company: **Retigo**

Program steps

Preheating:	195 °C

1	Hot air	0 %	Termination by time	00:15 hh:mm	180 °C	90 %	
2	Combination	30 %	Termination by time	00:07 hh:mm	140 °C	60 %	
3	Hot air	0 %	Termination by time	00:10 hh:mm	220 °C	80 %	

Ingredients - number of portions - 10

Name	Value	Unit
aubergine	5	pcs
olive oil	100	ml
salt	20	g
freshly ground black pepper, ground	2	g
Couscous	500	g
mixed peppers	150	g
fresh mushrooms like seps,button, shitake, etc.	150	g
vegetable broth	750	ml
thyme	5	g
parmesan cheese	100	g
gouda cheese	100	g

Nutrition and allergens

Allergens: 7
Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn
Vitamins: A, B, B6, C, D, E, K, Kyselina listová

Directions

We wash the eggplant, cut it in half, lightly salt it, and let it drain. Then we dry it, score the flesh, and salt it again, pepper it, brush with olive oil, and place the flesh side on a baking tray.

We chop the red pepper and mushrooms into small cubes, salt them, drizzle with olive oil, place them in the combi oven together with the eggplant, and bake for 15 minutes at 180°C (remove the pepper and mushrooms after about 7 minutes). Let the eggplant cool, separate the flesh from the skin. We coarsely blend the eggplant flesh.

Mix - in a bowl, we place the couscous, drizzle with olive oil, stir it, pour in boiling vegetable stock, cover with plastic wrap, and let it stand for about 5 minutes. Then we add the eggplant flesh, roasted pepper, mushrooms, grated 40% Gouda cheese, fresh thyme, salt it, pepper it, and mix everything thoroughly.

We fill the mixture into the eggplant skins, sprinkle with grated Parmesan, place on a tray, and bake in the combi oven until golden.

Nutritional value of one portion	Value
Energy	808.5 kJ
Carbohydrate	34.5 g
Fat	6.5 g
Protein	13.8 g
Water	0 g

Recommended accessories

Vision Bake	GN container Stainless steel full	Enameled GN container