



HEALTH SCORE

63%

Baked aubergines with coriander yogurt dressing



Vegetarian



Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



520 kcal

SIDE DISH

Ingredients

- ☐ 1 medium aubergine
- ☐ 2 tsp olive oil
- ☐ 1 juice of lemon
- ☐ 100 g couscous
- ☐ 85 g ready-to-eat apricots dried roughly chopped
- ☐ 4 sundried tomatoes drained chopped in oil
- ☐ 3 spring onion finely sliced

- ☐ 25 g pinenuts toasted
- ☐ 1 pinch ground cinnamon
- ☐ 4 tbsp natural yogurt greek-style
- ☐ 2 tsp juice of lemon
- ☐ 1 fat garlic clove crushed
- ☐ 1 small knob ginger finely chopped
- ☐ 1 small handful coriander roughly chopped

Equipment

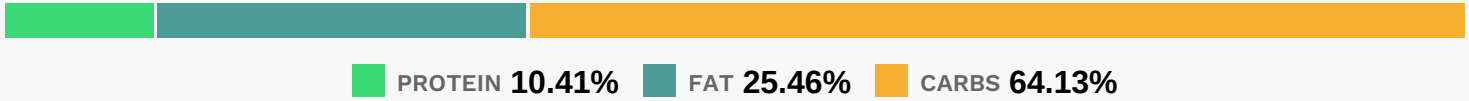
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ baking pan

Directions

- ☐ Heat oven to 190C/fan 170C/gas
- ☐ Leaving the stem on, cut the aubergine in half lengthways and score the flesh deeply with a sharp knife in a criss-cross fashion.
- ☐ Place in a shallow baking dish.
- ☐ Mix the olive oil and lemon juice then brush over the scored surface of the aubergine. Season with freshly ground black pepper and bake uncovered for 25–30 mins, until the flesh is tender.
- ☐ Meanwhile, put the couscous in a large bowl, pour over the boiling stock and leave to soak for 10 mins until all the stock is absorbed. Fluff up with a fork, then stir the apricots, tomatoes, spring onions and pine nuts into the couscous.
- ☐ Sprinkle with the cinnamon and toss well together.
- ☐ Remove the aubergine from the oven and scoop out the flesh, taking care to keep the skins intact. Chop the flesh and toss into the couscous mixture.
- ☐ Place the aubergine skins back in the baking dish and spoon the couscous mix into them, piling it up to hold a generous amount in each. Scatter any left over couscous mix around the edge of the dish.

- ☐
- Return to the oven for 10 mins to heat through while you mix all the dressing ingredients together add a drop of water if the dressing is too thick. To serve, heap the loose couscous mix under the stuffed aubergines so theyre propped up on a slant.
- ☐
- Drizzle over dressing and serve with mixed leaf salad.

Nutrition Facts



Properties

Glycemic Index:145.7, Glycemic Load:34.68, Inflammation Score:-9, Nutrition Score:27.211739095657%

Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Eriodictyol: 0.98mg, Eriodictyol: 0.98mg, Eriodictyol: 0.98mg, Eriodictyol: 0.98mg Hesperetin: 2.89mg, Hesperetin: 2.89mg, Hesperetin: 2.89mg, Hesperetin: 2.89mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg

Nutrients (% of daily need)

Calories: 519.8kcal (25.99%), Fat: 15.52g (23.88%), Saturated Fat: 2.25g (14.06%), Carbohydrates: 87.96g (29.32%), Net Carbohydrates: 73.85g (26.86%), Sugar: 35.56g (39.51%), Cholesterol: 5.2mg (1.73%), Sodium: 41.18mg (1.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.28g (28.56%), Manganese: 2.28mg (114.01%), Vitamin K: 64.1µg (61.04%), Fiber: 14.11g (56.42%), Potassium: 1463.5mg (41.81%), Vitamin A: 1978.6IU (39.57%), Copper: 0.71mg (35.44%), Phosphorus: 306mg (30.6%), Vitamin E: 4.55mg (30.33%), Magnesium: 117.57mg (29.39%), Vitamin B3: 5.42mg (27.12%), Vitamin C: 19.49mg (23.63%), Folate: 91.27µg (22.82%), Iron: 3.65mg (20.29%), Vitamin B6: 0.39mg (19.43%), Vitamin B1: 0.27mg (18.31%), Vitamin B5: 1.82mg (18.24%), Vitamin B2: 0.28mg (16.61%), Zinc: 2.18mg (14.53%), Calcium: 130.13mg (13.01%), Selenium: 3.18µg (4.54%), Vitamin B12: 0.15µg (2.47%)