



Stuffed Eggplant Gratin with Vegetables

Ingredients

- 300 g Eggplant
- 3 tbsp Vegetable Oil
- 150 g Onion, finely chopped
- 130 g carrots, cut into 5 mm cubes
- 200 g Zucchini
- 100 g green chili pepper
- 300 g Tomato
- 3 Cloves Garlic
- 0.25 tsp Ground Black Pepper
- 100 g Mozzarella cheese
- 4 cups Milk
- 80 g MAGGI® Bechamel Mix

Instruction

1. Cut each eggplant in half. Carefully remove the pulps and then dice the pulp. Deep fry the egg plant halves until almost golden brown. Remove and place in an oven proof dish.
2. Heat vegetable oil in a large saucepan, cook onions for 3-4 minutes, add the diced eggplant pulp , baby zucchini, carrot and bell pepper. Cook for 4 minutes.
3. Add the tomato and season with salt and pepper and cook for 3-4 minutes. Stuff eggplant with vegetables and sprinkle cheese on top.
4. Add milk and MAGGI Secrets Béchamel Mix to a large sauce pan. Bring to boil with stirring and simmer for 3-4 minutes. Spoon the béchamel sauce to cover the eggplants.
5. Bake for 10-15 minutes in a 200°C preheated oven or until top is golden.

Nutrition

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| Carbohydrates | 24.97 g |
| Energy | 269.43 kcal |
| Fats | 15.23 g |
| Protein | 10.18 g |

45 Minutes

7 Servings