



## Eggplant and beef Maglouba

### Ingredients

- 3 Small Italian eggplant, washed and cut into thin slices
- 2 tsp salt
- 2 tbsp Vegetable oil
- 1 tbsp Vegetable oil
- 400 g Beef cubes
- 1 Medium Onion, finely chopped
- 4 Cloves Garlic, crushed
- 3 tbsp MAGGI® Sauteed onions with 7 spices Cooking Paste
- 3 cups Hot Water
- 1 tbsp Butter, melted
- 300 g Cauliflower, cut into florets
- 2 cups Basmati rice
- 1 Medium Fried onions, garnish
- 0.5 cup pine seeds, toasted

### Instruction

1. Peel and cut eggplants into 2cm thick slices, sprinkle with salt and allow juices to draw. Heat vegetable oil in a deep pot, pat eggplants dry and fry on both sides until golden brown.
2. Using the same pot, sauté meat pieces until golden brown, add chopped Onions and cook for another 5 minutes. Add garlic, MAGGI® 7 Spice Paste and water and simmer over medium heat for 1 hour. Remove lamb and reserve hot stock.
3. Pour melted butter in the bottom of a large non-stick rice pot, Layer cauliflower florets on the bottom and cover with half of the rice. Layer the fried eggplants over the rice, place lamb pieces over the eggplant, and cover with the remaining rice.
4. Pour hot stock over the rice, adjust water if needed, to cover rice. Cook over medium low heat for 45 minutes or until rice is tender. Remove and transfer to a serving dish and garnish with fried onion and toasted pine seeds.

#### Nutrition

Carbohydrates	62.57 g
Energy	438.35 kcal
Fats	11.36 g
Protein	20.43 g

🕒 100 Minutes

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