

STUFFED EGGPLANT

With ground beef, couscous, and veggies, it's a well-rounded meal.



25 MIN
PREP TIME



45 MIN
TOTAL TIME



4-6
SERVINGS

Ingredients

- 1½ tsp. ground coriander
- 1½ tsp. ground cumin
- 1½ tsp. black pepper
- 1 tsp. paprika
- ¼ tsp. crushed red pepper flakes
- ¼ tsp. ground cinnamon
- 3 medium eggplants (~1lb. each)
- 2 tsp. kosher salt
- 3 Tbsp. olive oil, plus more for drizzling
- ¾ C. couscous (not pearled)
- 1 medium yellow onion, chopped
- 1 red bell pepper, chopped
- ½ lb. ground beef (85/15)
- 3 garlic cloves, finely chopped
- 1 15oz. can diced tomatoes
- 1 Tbsp. lemon juice
- 1 C. cilantro, chopped
- ¼ C. whole milk Greek yogurt



Instructions

1. Preheat the oven to 425° F.
2. In a small bowl, combine the coriander, cumin, black pepper, paprika, crushed red pepper flakes, and cinnamon.
3. Cut the eggplants in half and place on a baking sheet. Rub 1 teaspoon of the salt into the eggplant flesh. Drizzle the eggplants with 1 tablespoon of the oil. Rub with 4 teaspoons of the spice mixture.
4. Bake the eggplant, cut-side up, until tender, 30 to 35 minutes.
5. Meanwhile, bring $\frac{3}{4}$ cup water to a boil in a small saucepan. Stir in the couscous, 1 tablespoon of the oil, and $\frac{1}{4}$ teaspoon of the salt. Cover, and remove from the heat. Allow to sit for 5 minutes before fluffing with a fork.
6. In a large skillet, heat the remaining 1 tablespoon oil over medium heat. Add the onion and bell pepper, and cook until soft and translucent, 3 to 5 minutes. Add the beef, and cook, crumbling with a wooden spoon, until no longer pink. Stir in the garlic, the remaining $\frac{3}{4}$ teaspoon salt, and remaining spice mixture; cook until fragrant. Stir in the diced tomatoes with their juices. Bring the mixture to a gentle simmer and cook for 5 minutes so the flavors combine.
7. Add the couscous, lemon juice, and three-quarters of the cilantro to the beef mixture, and gently fold to combine. Remove from the heat and keep warm.
8. Transfer the eggplant halves to a serving platter. Using a fork, pull the eggplant flesh apart to make room for the filling, being careful not to pierce the skin. Divide the beef filling among the eggplant halves. Top each with some yogurt, a drizzle of oil, and sprinkle with the remaining cilantro.

Enjoy!