

# GRILLED AUBERGINES

## Suitable for a Vegetarian meal.

Feel like something a little less meaty on your braai? Try our minced, grilled aubergine recipe that'll even have the non-vegetarians salivating for more! It's quick, it's easy, and it's guaranteed to become your favourite braaied vegetable recipe.



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Prep time: 15 minutes

Cook time: 35 - 45 minutes

Total time: 1 hour and 50 minutes

Serves 4 people

### INGREDIENTS

2 large aubergines

2 heads of garlic

a handful of parsley leaves, finely chopped

extra virgin olive oil

sea salt

black pepper

150g feta cheese

lemon wedges, for serving

### INSTRUCTIONS:

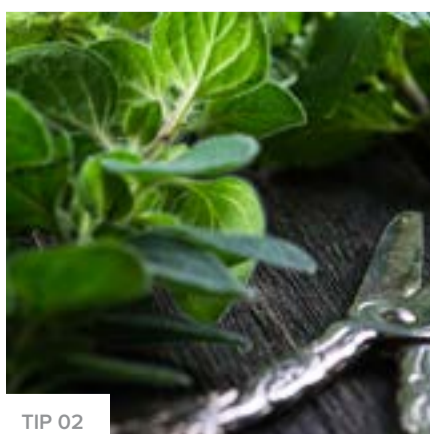
1. Light your charcoal fire or preheat your gas braai to a medium heat  $\pm 150^{\circ}\text{C}$  or until you can hold your hand over the braai grid for 3 - 4 seconds. Place the whole aubergines and the unpeeled heads of garlic on the braai.
2. Turning occasionally, cook for 35 - 45 minutes, depending on the size of aubergine and temperature of the fire.
3. The garlic will be ready first. When the flesh feels soft, remove from the heat. Separate the cloves and squeeze the soft flesh into a bowl and mash with a fork.
4. The aubergine is done when soft and collapsing in on itself. Remove from the braai, slice in half and scoop out the flesh without tearing the skins and place to one side.
5. Mix and lightly mash the aubergine flesh with the garlic, crumble in feta and drizzle with olive oil.
6. Season with salt and pepper. Divide your mixture into the aubergine skins. Garnish with freshly chopped parsley and serve with lemon wedges.

## MEGAMASTER RECIPE TIPS



TIP 01

Want something meatier? Replace aubergine mix with minced beef.



TIP 02

Be confident with cooking! Experiment with ingredients, herbs, spices and flavour combinations.



TIP 03

If your aubergine skins are too charred, use the flesh for a great dip, puree or side dish.