

STUFFED TOMATOES AND AUBERGINES



People: 4



Level: very easy



Price rating: good value



Preparation: 45mn



STUFFED TOMATOES AND AUBERGINES



INGREDIENTS

4 tomatoes



4 aubergines



250g of ground pork



1 slice of bread



2 eggs



1 onion





Salt, pepper



2 glasses of rice



PREPARATION

1. Rinse the vegetables
2. Cut around the top of the tomatoes and remove the flesh from the inside
3. Cut the aubergines in 2, from top to bottom, and remove the flesh
4. Finely cut the onion
5. Mix the ground pork, the onion, the eggs, the bread and the salt and pepper 
6. Fill the tomatoes and the aubergine with this stuffing
7. Put the tomatoes and aubergines in an ovenproof dish
8. Cook them for 45 minutes at 180 degrees 
9. Cook the rice for 10 minutes
10. Serve the stuffed vegetables with the rice



ENJOY YOUR MEAL!