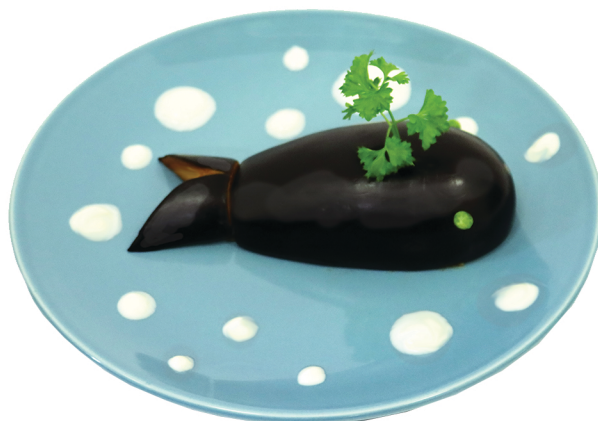


Aubergine Whale



Method

1. Pre heat the oven 200°C (180 fan), gas mark 6.
2. First we need to roast our aubergine. Place the aubergine halves onto a baking dish and cover them with a drizzle of oil. This will help the aubergine stay soft while cooking. Place in the oven for 25 minutes or until the aubergine is completely soft but not totally deflated. We want our aubergine halves to still have a shape for stuffing later.
4. While the aubergine is roasting, heat a little olive oil in the saucepan and add the chopped onion and garlic and gently cook for about 5 minutes. This is a hob job so ask your grown-up helper for help doing this, as the hob is hot hot hot! Then add the lamb and continue gently cooking and stirring until the meat is brown. If you're vegetarian or vegan you could use a meat free mince instead.
6. Add the crumbled vegetable stock cube and the rice. Stir this mix together until the rice becomes slightly translucent, then add in the tin of tomatoes. Keep cooking gently until the rice is soft. If the mixture is too dry you could add a splash of water too!
7. Once your aubergine is cooked, ask your grown-up helper to take them out of the oven, as the oven will be hot hot hot. Then leave them to cool slightly, we want to make sure they aren't too hot for stuffing.
8. Gently start to scoop the middle out of one aubergine half, to make it hollow. You can add this cooked aubergine to the rice mixture. Carefully stuff all the rice mixture back into this hollow aubergine using a tablespoon. You can use the back of the tablespoon to pat down the mixture, but the rice should be sticky and hold together.
9. Pop the stuffed aubergine onto a plate. This will make the whale's body. You should have lots of rice mixture leftover to serve with or to fill more aubergines with.
10. For extra decoration, you can use the other aubergine half to cut out a triangle shape to be a big tail for your whale. If you want to give your whale a face, make two holes and insert peas for eyes and a sprig of parsley into a blow hole. And finally, you can add some blobs of Greek yoghurt around your plate to look like the bubbles of the ocean!

Ingredients

- 1 aubergine.
- 1 onion, peeled and finely chopped.
- 1 vegetable stock cube.
- 1 clove of garlic, peeled and crushed.
- 400g minced lamb or beef (or a veggie alternative).
- 100g rice.
- 1 sprig of parsley.
- 1 tin of tomatoes.
- 3 tbsp of greek yoghurt.
- A few garden peas for decoration.