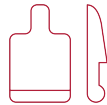




Roasted Eggplant with Whipped Goat Cheese and Tomato Sugo



DIFFICULTY: EASY



PREPARATION TIME: 30
MINUTES



COOKING TIME: 20 MINUTES



SERVES: 4

Ingredients

1 onion, finely chopped
4 cloves garlic, crushed
1 tsp cumin
2 large tomato, diced into 1-2cm pieces
½ bunch thyme, leaves stripped and finely chopped
100 ml water
Olive oil
Salt and pepper to taste
50 ml honey
2 large eggplant
75g soft goat cheese, at room temperature, roughly chopped
50 ml cream

Method

Tomato Sugo

To begin the Tomato Sugo for your Roasted Eggplant and Whipped Goat Cheese, Place a medium sized saucepan on your cooktop. Turn the cooktop onto level 7 on an [induction](#) cooktop or [FlameSelect](#) gas cooktop. Place 2 tbsps olive oil in the saucepan along with the chopped onion and half of the crushed garlic.

Cook the onion and garlic in the pan for 5-7 minutes or until translucent. Add the cumin and tomato, cook for a further 5 minutes then add half the thyme and the water. Bring to the boil then reduce the temperature to level 5 and cook for a further 30 minutes. While the tomato sugo is cooking, move onto the eggplant preparation.

Once the tomato sugo is complete, reduce temperature to level 2 in order to keep warm, add salt, pepper and half the honey. If you want a tomato puree you can use a stick blender at this point, this is optional.

Eggplant

Pre heat the oven on [CircoRoast](#) to 180°C.

Slice the Eggplant in half lengthways and with a small sharp knife score the flesh diagonally. Rub in the remaining garlic and thyme, drizzle liberally with olive oil and the remaining honey then season with salt and pepper.

Place the Eggplants on a wire rack with a universal tray underneath, Place on level 4 of the oven and cook flesh side up for 30 minutes.

Whipped Goats Cheese

Place the goat's cheese in a small to medium bowl with the cream and 2 tablespoons of olive oil. Whip until combined.

Serve the Roasted Eggplant with Whipped Goat Cheese by placing the tomato sugo on the base of a platter, add the eggplant on top, then dollop the whipped goat's cheese over the eggplant and serve.

Notes
