FOOD & COOKING
WITH CHEF ROSS

Stuffed Eggplants



Preparation: 20–25 minutes | Cooking: 40–50 minutes | Serves: 1–2 people

What you need

Ingredients



- 1 large eggplant
- 1 tablespoon extra virgin olive oil
- 1 onion, chopped
- 2 garlic cloves, chopped
- 1 red capsicum, cut into small pieces
- 1 tomato, cut into small pieces
- 1 tablespoon tomato paste
- Salt & pepper to taste
- ½ cup grated tasty cheese

Crunchy topping — choose ONE

- ¼ cup panko breadcrumbs OR 1 slice bread, toasted and crumbled

For gluten-free: choose gluten-free breadcrumbs or gluten-free bread.

Optional flavours

- ½ teaspoon dried oregano
- Fresh parsley
- A little chilli

Equipment



- Fan-forced oven
- Oven mitts
- Baking tray
- Knife and chopping board
- Spoon
- Frying pan
- Wooden spoon
- Toaster

Let’s make it



1. Prepare the eggplant

Heat the oven to 180°C fan-forced. Cut the eggplant in half from top to bottom. Use a spoon to scoop out the flesh. Leave about 1 cm of flesh inside each half. Cut the removed eggplant flesh into small pieces.

Stuffed Eggplants



2. Bake the eggplant shells — 15–20 minutes

Put both eggplant shells on a baking tray. Bake for 15–20 minutes, until they begin to soften. While you wait, start Step 3.



3. Cook the filling — about 10 minutes

Heat extra virgin olive oil in a frying pan over medium heat. Add onion. Cook for 3 minutes. Add garlic. Cook for 1 minute. Add the chopped eggplant flesh and red capsicum. Cook for another 5–7 minutes, stirring.



4. Add tomato — 3–5 minutes

Add the chopped tomato and tomato paste. Add optional chilli, if using. Cook for 3–5 minutes until the vegetables are soft. If the mixture becomes too dry, add a little water. Add salt & pepper to taste.



5. Fill the eggplants

Choose your crunchy topping. If using gluten-free bread, toast it. Let it cool, then break it into small crumbs using your fingers. Take the softened eggplant shells out of the oven using oven mitts. Spoon the cooked filling into both shells. Sprinkle grated cheese over the filling. Add your chosen breadcrumbs and optional oregano.



6. Bake and serve — 15–20 minutes

Put the eggplants back into the oven. Bake for another 15–20 minutes. Watch the topping so the toasted breadcrumbs do not burn. Check that the eggplant is soft and the topping is golden. Sprinkle with fresh parsley, if desired. Serve hot.

Serving and storage

- Serve with salad or cooked vegetables.
- Refrigerate within 2 hours in shallow containers.
- Keep covered in the fridge at 5°C or colder.
- Eat within 3 days.
- Reheat until steaming hot throughout.
- Vegetarian: Choose cheese without animal-derived rennet.
- Gluten-free: Choose suitable gluten-free breadcrumbs or bread and avoid gluten cross-contact.
- Allergens: Contains milk; standard panko contains wheat (gluten). Check ingredient labels.

Recipe ©2026 Deaf Chef Ross. Check labels for allergens. Follow appliance and storage instructions. Times and servings are estimates. Images are illustrative. Sources: NSW Food Authority; Victorian Government. Generated by ChatGPT for Deaf Chef Ross (C)2026.