



Plant Based  
**RECIPES**

Stuffed Aubergine  
with  
*Parveggio*



# *You will need*

## **Ingredients:**

1 aubergine, cut in half and scored with a knife

1 tbsp of olive oil

Salt and black pepper to taste

## **For the mushroom sauce:**

1 tbsp of oil

20 gr of carrots, diced

20 gr of celery, diced

20 gr of onions, diced

100 gr of oyster mushrooms, diced

1 tsp of oregano

Salt and black pepper to taste

200 ml tomato and basil sauce

## **Top with:**

Parveggio



# Method

- Drizzle the aubergine with olive oil and season with salt and black pepper
- Cook in the oven, at 180C, for 30 minutes
- In a pan, add oil and start by frying the onions, celery and carrots
- Cook for 3 minutes and then add in the oyster mushrooms
- Cook for 5 minutes, on high heat, then lower the heat and season with salt, black pepper and oregano
- Pour in the tomato and basil sauce and simmer gently, for about 5 minutes
- When the aubergine has softened, top with the mushroom sauce and sprinkle with parveggio
- Cook for 5 more minutes in the oven

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SERVES



PREP TIME



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