TURKISH · DINNER · LUNCH

İmam Bayıldı (Stuffed Aubergines)

95 min · Serves 4 · 254 kcal a serve · Video 5:18 · Middle Eats

Vegan · Paleo · Gluten-free ingredients · No nuts listed

Roasting the aubergines instead of frying them cuts the oil dramatically for this classic dish. It is vegan, gives about 11 g of fibre a serve, and is high in vitamin C and vitamin K from the peppers and parsley.

Diet notes: Low saturated fat (2 g, 7% of the energy).

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Ingredients 14 · SERVES 4

- [ ] 4 medium **aubergines** (1 kg), peeled in stripes
- [ ] 30 g **olive oil** for the filling + about 2 tbsp to coat the aubergines
- [ ] 1 tsp **salt** in the filling + ¼ tsp in the sauce, plus salt for brining
- [ ] 2 medium **onions**, sliced into strips
- [ ] 2 **green chillies**, sliced
- [ ] 1 **red bell pepper** (or paprika chilli), in strips
- [ ] 2–3 medium **plum tomatoes**, diced
- [ ] 4 **garlic** cloves, thinly sliced
- [ ] 20 g **parsley**, chopped, plus a little to garnish
- [ ] 35 g **tomato purée** (15 g for the filling + 20 g for the sauce)
- [ ] 1 tsp **pul biber** (Aleppo pepper)
- [ ] ¾ tsp **black pepper** (½ tsp in the filling + ¼ tsp in the sauce)
- [ ] ½ tsp **ground cumin**
- [ ] 150 ml **water** for the sauce

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Peel the aubergines in alternating stripes, rub with salt and cover with water for about 30 minutes to draw out bitterness. Rinse, pat dry and cut a shallow slit along half the length of the best-looking side. 0:32
2. Rub the aubergines all over with olive oil, place on a lined tray and roast at 200°C for 35–40 minutes, turning halfway, until soft (or air-fry at 205°C for about 15 minutes). 1:24
3. For the filling, soften the onion strips in 30 g olive oil over medium-high heat for 5–10 minutes. Add the chillies and pepper for a minute, then the garlic. 2:40
4. Season with 1 tsp salt, pul biber, black pepper and cumin, stir in 15 g tomato purée for 30 seconds, then add the diced tomatoes and cook a couple of minutes more. 3:06
5. Open each roasted aubergine with two forks to make a pocket and fill generously. Dissolve 20 g tomato purée in 150 ml water with ¼ tsp salt and pepper, bring to the boil and pour over. 3:58
6. Bake at 180°C for 20 minutes until the sauce is glossy and thick. Scatter with parsley and serve with bread, rice or bulgur, spooning the sauce over. 4:40

> **Tip** Serves 4 is our estimate (one aubergine each). Add extra chilli to the filling if you like heat; it also makes a great sandwich filling. Good warm or at room temperature.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
254 kcal 1,060 kJ	**4.9** g 10% of a day	**29** g 18 g net · 16 g sugars 11% of a day	**11** g 39% of a day	**15** g 2 g saturated 20% of a day	**890** mg 39% of a day

Energy from net carbs 32% · protein 9% · fat 59%

High in (20%+ of a day) Vitamin K 107% · Vitamin C 94% · Vitamin B6 31% · Vitamin E 30% · Folate 26% · Potassium 22%

Source of (10–19%) Magnesium 15% · Vitamin A 14% · Iron 11%

Recipe and video: Middle Eats (@MiddleEats) on YouTube — youtube.com/watch?v=9yN5Bf8lwMq, published 5 October 2023. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/middle-eats-imam-bayildi