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Roasted aubergine with feta cheese and vine tomatoes



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Weight Watchers Recipe

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Prep time: 10 min Cook time: 25 min Serves: 2
Other time: 0 min

If you love aubergine, you'll adore this tasty way to cook it!

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Ingredients

- 1 medium Aubergine, halved lengthways
- 5 spray(s) Calorie controlled cooking spray
- 1 clove(s) Garlic, crushed
- 50 g Feta Cheese, (1 ¾ oz), thinly sliced
- 2 sprig(s) Rosemary, Fresh, or thyme
- 2 individual Cherry Tomatoes, on the vine (2 small bunches)
- 1/8 teaspoons Black pepper
- 4 leaf/leaves (small) Lettuce, to serve

Instructions

Preheat the oven to Gas Mark 5/190°C/fan oven 170°C

Using a sharp knife, make criss-cross slashes across the cut surfaces of the aubergine halves, without slicing through the skin. Spray with low fat cooking spray, then rub the crushed garlic into the flesh.

Preheat a chargrill pan or non-stick frying pan. Char grill or dry fry the aubergine halves, cut side down, for 2-3 minutes. Transfer to a baking dish, cut side up, and top with the cheese, rosemary or thyme sprigs and cherry tomatoes.

Bake for 15-20 minutes until the flesh is tender. Season with black pepper and serve with salad leaves.

Sprinkle the aubergine halves with dried Mediterranean herbs instead of rosemary or thyme, if you like.

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