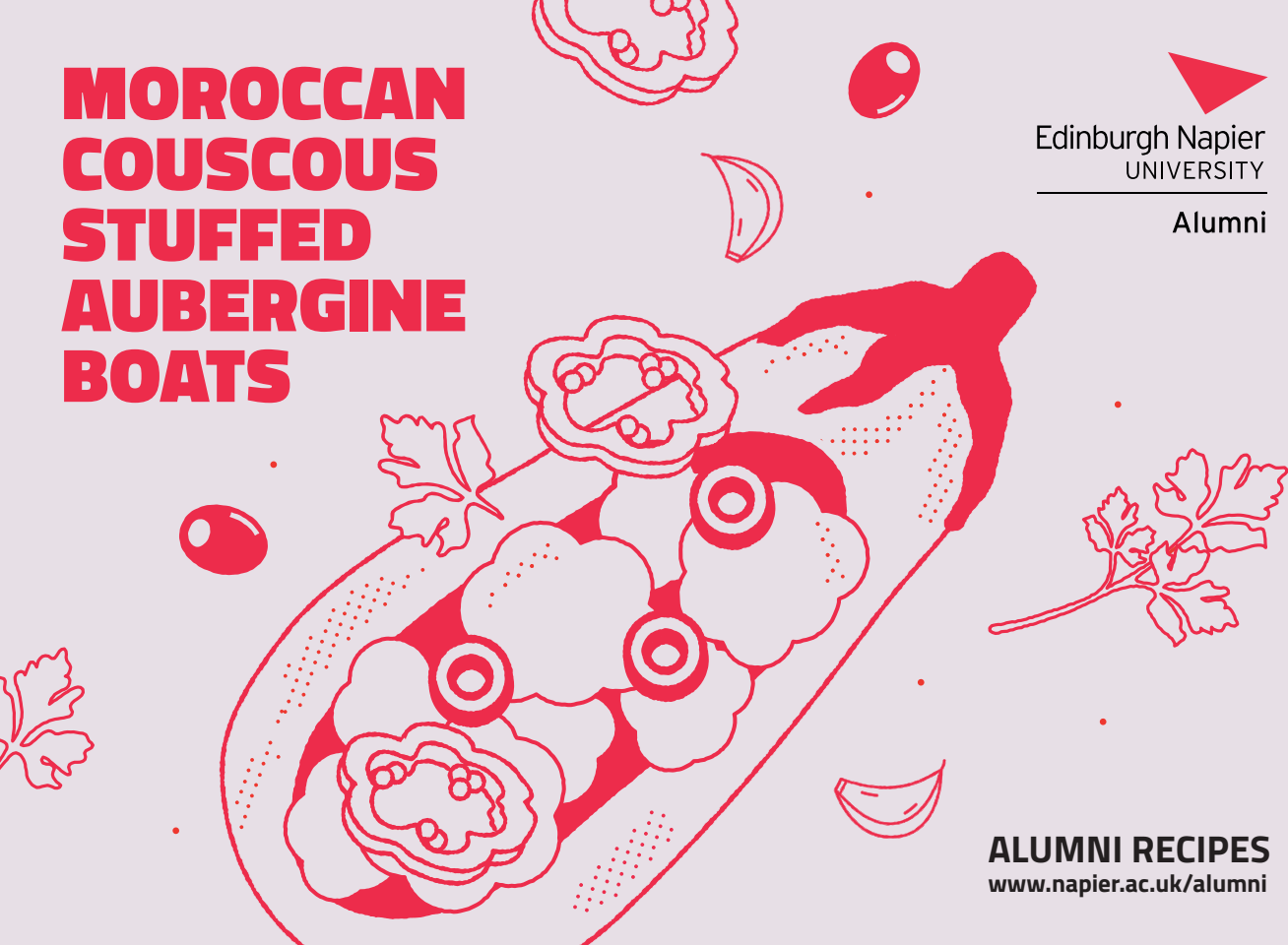


# MOROCCAN COUSCOUS STUFFED AUBERGINE BOATS

  
Edinburgh Napier  
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NATHALIA TJANDRA'S

# Moroccan Couscous Stuffed Aubergine Boats



Serves 2-4 Meals



Prep 10 mins

Cook 25 mins

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**NATHY'S KITCHEN**

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These Moroccan-style aubergine boats are a tasty, budget-friendly way to level up your dinner game. Full of flavour and super satisfying. Great for sharing, meal prepping, or impressing your mates without spending hours in the kitchen.

## INGREDIENTS

- 2 medium aubergines, halved
- 4 tbsp virgin olive oil
- 2-3 tbsp harissa or Moroccan seasoning
- Salt and pepper
- 1 onion, diced
- 4 garlic cloves, minced
- 1/2 red pepper
- 1/2 green pepper
- 200g couscous, cooked according to instructions
- A small handful of black olives, sliced
- 2 tbsp tahini
- 1/2 lemon juice
- A small handful of coriander leaves, chopped

## METHOD

Preheat oven to 200C/gas 6.

Scoop out the aubergine flesh using a spoon.

Place the aubergines in a baking tray. Drizzle with 2 tbsp olive oil. Season with 1 tbsp harissa or Moroccan seasoning, salt and pepper. Bake for 20 mins until the aubergines are soft and slightly charred. Remove from the oven.

Cut the aubergine flesh into cubes.

Sauté the onion and garlic with the remaining olive oil until the onion is soft.

Stir in the aubergine cubes and pepper, cook until they are equally soft. Stir in the couscous and olives. Season to taste with the harissa or Moroccan seasoning, tahini, lemon juice, salt and pepper. Stir in the coriander leaves. Turn off the heat.

Fill the aubergine boats with the couscous and serve.



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