

More than 1 hour

Serves 6-8

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Ingredients:

- 3-4 brinjals, sliced lengthways
- Salt, to drain excess moisture
- 1 Tbsp (15ml) canola oil
- 2 red onions, chopped
- 4 cloves garlic, chopped
- 2 tsp (10ml) ground cumin
- 2 Tbsp (30ml) tomato paste
- 1 Tbsp (15ml) sugar
- 1 can (400g) chopped tomatoes
- ½ cup (125ml) vegetable stock
- 2 cans (400g) lentils, drained
- Juice (60ml) and grated peel of 1 lemon
- 2 Tbsp (30ml) chopped fresh parsley
- 2 Tbsp (30ml) chopped fresh basil

White sauce:

- 2 Tbsp (30ml) butter
- 1 Tbsp (30ml) flour
- 2 cups (500ml) almond or cow's milk

- 6-8 baby marrows, sliced lengthways
- ½ packet (150g) mozzarella, grated
- Handful chopped fresh parsley or micro herbs, for serving

Method

1. Salt brinjals and set aside to drain in a colander for about 30 minutes.
2. Rinse and pat dry with kitchen paper.
3. Heat oil in a large pot and fry onion for 3 minutes or until translucent.
4. Add garlic and cumin and fry for 2 minutes.
5. Stir in tomato paste, sugar, chopped tomatoes and stock
6. Simmer for about 10 minutes or until sauce is slightly reduced.
7. Stir through lentils and simmer for another 5-10 minutes.
8. Add lemon juice and grated peel, herbs and season.
9. Remove from heat.
10. Melt butter in a saucepan over medium heat, whisk in flour and cook for a minute.
11. Gradually whisk in milk.
12. Cook for about 3 minutes until thickened, whisking continuously.
13. Season and set aside.
14. Arrange half the brinjals on the base of a greased cast-iron skillet or a 27cm x 17cm rectangular ovenproof dish.
15. Top with half the lentil filling then another layer of brinjals.
16. Top with the remaining filling and arrange baby marrows on top.
17. Pour over white sauce and sprinkle with cheese.
18. Bake at 180°C for 25-30 minutes or until golden and cooked through.
19. Garnish with parsley or micro herbs just before serving.

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