More than 1 hour
Serves 6
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Ingredients:

- 2 onions, thinly sliced
- 1 can (410g) chopped tomatoes
- 1 Tbsp (15ml) paprika
- 6 fresh pitted dates, chopped
- 2 tsp (10ml) each ground cumin, ground coriander and sumac
- Handful fresh parsley, chopped
- 4 large brinjals
- ¾ cup (180ml) olive oil
- ¼ cup (60ml) water
- 2 tsp (10ml) dark brown sugar
- Salt and milled pepper
- Lemon wedges, for serving
- Mint leaves, for serving

Method

1. Mix together onion, tomato, paprika, dates, spices and parsley in a large bowl. Set aside.
2. Score brinjal skins.
3. Heat half the oil in a frying pan and cook whole brinjals for 5-7 minutes until slightly softened.
4. Make a 2cm-deep incision down the length of each brinjal to form a pocket.
5. Stuff pockets with tomato-date mixture and place in a deep roasting pan.
6. Pour over water and remaining olive oil and sprinkle with sugar. Season.
7. Cover with foil and bake for 1 hour, or until soft and cooked through. Cool slightly.
8. Serve with lemon wedges and mint.

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