

AUBERGINE HAMBURGERS



Ingredients (For 4 people)

- 3 aubergines
- 300 g low-fat ground meat
- 2 tbsp mustard
- 1 tsp powdered garlic
- 1 tsp mild paprika
- Italian herb mix
- Salt and pepper
- Olive oil

Preparation:

Wash the aubergines and cut them lengthwise. Make an incision in each aubergine and quarter each one without going through the skin.

Season with salt and herbs. Brush with olive oil.

Heat the oven to 180°C and bake the aubergines for approximately 40 minutes.

When the aubergines are cooked, remove the flesh using a spoon and chop.

In a mixing bowl, combine the ground meat, aubergine flesh, mustard and powdered garlic. Season. Form patties using a circle mould.

Heat oil in a frying pan and cook the patties for 5 minutes on each side.

Serve according to your taste on hamburger buns with your favourite toppings and a yoghurt sauce.

Serve immediately.

