

Aubergine 1

Aubergine and beef

Preparing: 15 Minutes

Ingredients

200 g Aubergine
200 g Minced beef
100 g Rice
Curry spice to flavour
Thyme to flavour
100 ml Water

Preparation

Cut one aubergine on both sides to get a better contact with the pan.

Cut it in halves. Make a deepening in the middle of the aubergine to hold the minced meat.

Mingle the meat with the curry powder. Place it on top of the aubergine parts and decorate it with Thyme. Cover with lid.

Cooking with middle heat take about 10 Minutes.
Add water if necessary.
Make sure meat is throughout cooked and aubergine is glazing.

Serve with rice, see [Chicken delicious](#)

