

Aubergine 2

Aubergine and vegetables

Preparing: 15 Minutes

Ingredients

200 g Aubergine
200 g Mixed vegetables
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 mixed vegetables.

Cooking with middle heat takes about 10 Minutes.
Add water if necessary.
Make sure aubergine is glazing.

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



Remember: Add no fat, oil, margarine or sauces. Fat and oil cracks your calorie counter.