



Stuffed vegetable caserole

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Ingredients

- 1 Onion
- 1 tsp Ground Bayleafs
- 1 tsp Ground Coriander seeds
- 2 tsp BBQ spice
- 1 tsp Leaf masala
- ¾ tsp Garum masala
- 2 tsp Mild yellow curry
- 30 ml Pea flour
- 1 tin Chopped Italian tomato (400 g)
- 1 small Yellow bell pepper
- 1 small red Bell pepper
- 1 small Orange Bell pepper
- 2 Baby marrows
- 4 Baby Brinjals (aubergine)
- 4 Petite pans
- 4 small Tomatoes
- 4 Baby Butternut
- 1 tsp Chopped garlic
- Salt to taste

Stuffing

- ½ cup Brown lentils
- 1 Onion
- 1 teaspoon Ground Bayleafs
- ¾ teaspoon Garum masala
- 2 teaspoon Mild yellow curry
- 50 g Tomato paste
- 1 Whole Clove

Method

- Prepare the vegetables by cutting Baby marrows in ½ . Leave all other vegetables whole. Use a apple corer to cut out the Centre off the vegetables. The Centre can be sliced thin slices to act as a lid. And set aside
- Fry the chopped onion with a little Olive oil. Fry Onion until glassy.
- Add the herbs and spices.
- Stir until no dry spices is visible.
- Add the tomato paste.
- Add ½ cup of water and stir.
- Add the cooked Lentils.
- Cook to a thick sauce uncovered. And set aside.
- To assemble the dish. Filled the vegetables and cover up with lid, as to surprise your guest of the inside. And arrange in oven prove dish with lid.
- To make the sauce.
- Fry the chopped Onion in a little oil until glassy.
- Add the herbs and spices and pea flour.
- Stir until all spices is mixed with oil and onion.
- Add tomato and juice and 1 cup of water.
- Add the garlic and remove from heat.
- Dish this sauce over the vegetables and cover with lid. Bake at 200°C for 60 minutes. Check that all vegetables are soft.
- Allow to stand for 5 minutes before serving.

Serve on rice.

Serve 4 large portions.

