

INGREDIENTS

4 eggplants
1 onion chopped
12oz ground beef
5 green chilies (4 whole 1 chopped)
2 cloves of garlic, chopped
2 tomatoes 1 grated 1 quartered
½ cup parsley chopped
4 Tbsp olive oil
1 Tbsp chili paste
1 Tbsp tomato paste
1 tsp chili flakes
1 tsp salt
1 tsp black pepper



Karniyarik AKA Split Belly



2-4 servings



60 minutes

As a Main or a Side

10 out of 10

Would Recommend!

INSTRUCTIONS

Peel whole eggplant from the calyx to the bottom on four sides
rub with salt and set aside
Add 1/2 oil & onions cook til translucent
Add beef & brown
Add chili, garlic & chili flakes cook 2-3 min
Add 1/2 chili & 1/2 tomato paste cook 3-4 min
Add grated tomato & parsley
simmer on low 10min
Pat eggplants dry and
cut 1/2 way through lengthwise
Fry in 1 inch oil turning often til all sides are browned
Transfer to paper towels to drain excess oil then move to baking dish, cut side up
Spread open & fill with meat
place chilies and tomato on top
In a small skillet add remaining oil, chili & tomato paste, 1 cup water stir and cook til combined
pour over eggplant
Bake at 350, 30-35 min
Serve and enjoy!

Notes:

As a main, I would suggest at least two per person... they are that good!