

# Helen Brown Capital Recipe

Helen will be on the Drivetime show every Thursday from 6pm in "Foodie Thursday".



## Aubergine Pirogues

### Ingredients

2 large aubergines

60g butter

1 large onion, chopped

1 green or red pepper, cored, deseeded and chopped

1 celery stick, finely chopped

175g peeled large prawns

90g button mushrooms, sliced in half

60g soft white or brown breadcrumbs

Salt and cayenne pepper

125g grated Cheddar cheese

### Method

Halve the aubergines and cut out the centers, leaving a 1½ cms thick shell. Chop the flesh coarsely and set aside.

Cook the aubergines halves in boiling salted water for about 5 minutes, then drain thoroughly.

Meanwhile melt the butter in a pan, add the onion, pepper, reserved aubergine flesh and the celery and cook until golden. Add the prawns and mushrooms and cook for a further 3-4 minutes.

Remove the vegetable mixture from the heat and stir in the breadcrumbs. Season with salt and cayenne pepper to taste. Pile into the aubergine halves and sprinkle with the cheese.

Arrange the aubergine halves in an ovenproof dish and bake in a preheated oven for 20-25 minutes until golden and bubbly.

Serve hot with a crisp green salad.