

This Turkish Delight Eggplant Bake Is a Mediterranean Must-Try

? Turkish Delight: Incredibly Delicious Eggplant Recipe



OVEN
375°F

TIME
25 min

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INGREDIENTS

2 large eggplants, sliced
2 tbsp olive oil
1 onion, chopped
2 garlic cloves, minced
1 bell pepper, chopped
1 can (14 oz) diced tomatoes
1 tbsp tomato paste
1 tsp paprika
¼ tsp cumin
Salt and pepper, to taste
Fresh parsley, chopped (for garnish)
¼ cup feta cheese, crumbled (optional)

DIRECTIONS

- 1. Preheat & Roast:** Preheat your oven to 375°F (190°C). Arrange sliced eggplant on a baking sheet, brush with olive oil, and sprinkle with salt and pepper. Roast for 20-25 minutes until soft and golden.
- 2. Make the Sauce:** While the eggplant roasts, heat 1 tbsp olive oil in a skillet over medium heat. Add the onion and garlic, cooking for 5 minutes until softened. Stir in bell pepper, diced tomatoes, tomato paste, paprika, cumin, and salt/pepper. Simmer for 10 minutes, stirring occasionally.
- 3. Layer & Bake:** Layer the roasted eggplant in a baking dish. Pour the tomato sauce evenly over the top. Bake uncovered for 15 minutes to allow flavors to meld.
- 4. Garnish & Serve:** Remove from the oven and top with fresh parsley and crumbled feta, if using. Serve warm with crusty bread, rice, or as part of a meze spread.

SWAPS & NOTES

& Swaps Feta cheese : Optional but adds a creamy, salty finish-also try goat cheese for a tangier profile.

Add protein : Chickpeas or lentils work beautifully if you'd like to make it heartier.

Simmer sauce a few minutes longer to thicken naturally.
??? Step-by-Step Instructions 1.

Preheat & Roast Preheat your oven to 375°F (190°C).

TIPS FOR SUCCESS

Roast evenly : Slice eggplant uniformly for consistent tenderness.

Use fresh herbs : Mint or dill can add a Turkish twist alongside parsley.

Let it sit : Resting the dish 5-10 minutes before serving helps enhance flavor and texture. ?

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/this-turkish-delight-eggplant-bake-is-a-mediterranean-must-try/>