

Aubergine Rolls

Serves 2

Ingredients

1 large fat aubergine (approx. 300g/12oz)

Salt

Cooking oil

8 baby courgettes

8 thin slices of beef tomato

16 fresh basil leaves

8 sheets Loprofin Low Protein Lasagne

1L shallow ovenproof dish

Sauce:

400g can chopped tomatoes with garlic

¼ teaspoon chilli powder

¼ teaspoon sugar

¼ pint homemade vegetable stock

Salt & pepper to taste

Method

1. Trim the ends from the aubergine and cut the flesh, lengthways, into 8 x ½cm thick slices.
Place the aubergines on a flat surface and sprinkle with salt – leave for at least 20 minutes.
2. Wash the aubergine slices in cold water and dry with kitchen paper. Arrange on a baking tray and brush with oil. Place under a preheated grill for approx. 3 minutes, until lightly browned.
Turn the slices, brush with oil and grill for a further 3 minutes.
3. Cook the courgettes in boiling salted water for 5 minutes. Drain.
4. To prepare the pasta, three quarters fill a large saucepan with water, add 1 tablespoon of oil and 1 teaspoon of salt, and bring to the boil. Individually place 4 Loprofin Lasagne Sheets in the boiling water and cook for 5 minutes over a moderate heat. Ensure the pasta sheets do not stick to each other during cooking.
5. Carefully remove each lasagne sheet from the pan onto a flat surface. Repeat the cooking process with the remaining lasagne sheets.

6. To prepare the sauce, place all the sauce ingredients in a blender or food processor and blend until smooth.
7. To assemble the rolls, place a slice of aubergine on a flat surface, cover with a sheet of lasagne, place a slice of tomato at one end and lay two basil leaves on the tomato. Roll up the aubergine and pasta, from the tomato end, to form a tube. Repeat with the remaining aubergine, pasta, tomato and basil, to give 8 rolls.
8. Pour a thin layer of sauce into the ovenproof dish and arrange the aubergine rolls on the top. Pour the remaining sauce over the rolls and cover the dish foil.
9. Bake in a preheated oven for 25 minutes. Serve immediately, if desired garnish with sprigs of basil.

This recipe was provided by Nutricia