

## EGGPLANT LASAGNA

### INGREDIENTS:

- 2 MEDIUM SIZED EGGPLANT (*SLICED LENGTHWAYS*)
- SPINACH
- SALT
- GARLIC (*MINCED*) (*TO TASTE*)
- CHILLI FLAKES (*TO TASTE*)
- 2 TINS TOMATO (*DICED OR CRUSHED*)
- 1 EGG
- 375G LIGHT RICOTTA CHEESE
- 50G MOZZARELLA CHEESE (*GRATED*)
- 2 TSP MIXED HERB SEASONING

### METHOD:

1. Pre-heat oven to 190 degrees.
2. Chop the top & bottom off the eggplant & cut lengthways into ½ cm slices.
3. Lay eggplant on tray & season with salt on both sides. (Let sit for at least 10 minutes to draw out the moisture, and then wipe away moisture with paper towel – This is **IMPORTANT** as you don't want your lasagna to be soggy).
4. Turn on the BBQ or stove & grill eggplant a few minutes each side. Set aside once cooked.
5. Add garlic, tinned tomatoes, salt & chilli flakes to saucepan & simmer for 5-10 minutes to reduce the liquid a little. Set aside.
6. In a bowl, beat the egg, add ricotta, mixed herb seasoning & combine.
7. Now the fun of the assembly begins. Spoon enough of the tomato mix to just cover the bottom of your baking dish. Then add your first layer your eggplant slices until you have covered the tomato. Now add a layer of the ricotta mix, then top with fresh spinach. Continue this pattern with the remaining ingredients, then top with mozzarella cheese.
8. Cook in oven for roughly 45 minutes until cheese has melted & browned on top.

### TIP:

- *Experiment with different herbs & spices.*