



Spaghetti eggplant rolls

30'

Hands on

10'

Cook Time

6

Portion(s)

2

Difficulty



Ingredients

- 5 tablespoon(s) olive oil, + for greasing the muffin pan
- 2 eggplants, medium
- all-purpose flour, for dredging
- 1 onion
- 1 clove(s) of garlic, minced
- 1 tablespoon(s) thyme, finely chopped
- 250 g ground beef
- 50 ml red wine
- 400 g canned tomatoes
- 1 pinch granulated sugar
- 1 chicken bouillon cube
- salt
- pepper
- 1/2 bunch parsley
- 250 g spaghetti, boiled
- 100 g parmesan cheese
- 125 g gouda cheese

Method

- Preheat oven to 200* C (390* F) Fan.
- Grease with olive oil a 6-cup muffin pan.
- Wash the eggplants. Cut into slices, lengthwise, 1 cm thick. Place them in a bowl full of water. Drain and allow them to dry on paper towels.
- Dredge them in flour. Fry in a pan with about 3 tablespoons of olive oil, until golden brown on both sides. Remove from pan and allow to drain on a plate lined with paper towels.
- Finely chop the onion, garlic and thyme. Sauté in a non-stick pan with 2 tablespoons of olive oil, for 1-2 minutes.
- Add the ground meat. Sauté until golden and add the red wine.
- Cook until the alcohol evaporates.
- Add the canned tomatoes, a pinch of sugar, salt, bouillon cube and pepper. Let it simmer for a while.
- When the sauce has reduced, remove from heat and add ½ a bunch of parsley, the leftover spaghetti and 75 g grated parmesan cheese.
- Combine pasta and meat sauce.
- Add 2 tablespoons of pasta and meat sauce to each slice of eggplant. Make into a roll and transfer to the 6-cup muffin pan. Repeat with remaining eggplant slices.
- Divide the grated gouda and remaining parmesan evenly over the eggplant rolls.
- Bake for 5-7 minutes, until the cheese melts.
- Remove from oven.
- Sprinkle with remaining parsley and serve.

Διατροφικός πίνακας

Nutrition information per portion

432 Calories (kcal)	24.0 Total Fat (g)	11.0 Saturated Fat (g)	26.0 Total Carbs (g)
22%	34%	55%	10%
7.1 Sugars (g)	24.0 Protein (g)	4.7 Fibre (g)	1.4 Sodium (g)
8%	48%	19%	23%