



Pasta pie with eggplants

20'
Hands on

40'
Cook Time

8-10
Portion(s)

2
Difficulty



Method

For the eggplants

- Place a large **pan** over high heat.
- Thinly slice the eggplants and place them in the hot pan.
- Add some olive oil to one side of the pan, season with salt and pepper and sauté.
- **Turn** the eggplants over and sauté until golden.
- Transfer to a platter lined with paper towels.

For filling

- Place a pot full of salted water, place over high heat and bring to a boil.
- Add the penne pasta and boil for 10 minutes.
- When ready, drain and transfer to a bowl.
- Add 2 tablespoons olive oil and toss.
- Place a pan over high heat.
- Add 2 tablespoons olive oil, finely chopped onion, minced garlic, coarsely chopped fresh sage and ground meat.
- Sauté until the ground meat is golden.
- Deglaze pan with red wine and add the chopped tomatoes, bouillon cube and chili peppers. Cook until all of the moisture from the ground meat has evaporated.
- When ready, add the finely chopped basil.

To assemble

- Preheat oven to 180* C (350* F) Fan.
- In a large bowl, add the pasta, ground meat, grated mozzarella, grate parmesan, half of the breadcrumbs and pepper. Toss to make the filling.
- Cover the bottom and sides of a 28 cm round baking pan with eggplants.
- Add the filling and press down on it with a plate.
- Turn the edges of the eggplants inwards and cover the surface of the filling with eggplants.
- Bake for 30 minutes.
- When ready, remove from oven and allow pasta pie to cool before serving.

Ingredients

For the eggplants

- 3-4 eggplants, large
- 2 tablespoon(s) olive oil
- salt
- pepper

For the filling

- 500 g penne, striped
- salt
- 4 tablespoon(s) olive oil
- 1 onion
- 1 clove(s) of garlic
- 10 sage leaves, fresh
- 6 sprig(s) basil, fresh
- 500 g ground beef, fatty
- 120 g red wine
- 400 g canned tomatoes
- 1 chicken bouillon cube
- 1 chili pepper, dried

To assemble

- 250 g mozzarella, grated
- 4 tablespoon(s) parmesan cheese
- 50 g dry breadcrumbs
- pepper

Διατροφικός πίνακας

Nutrition information per portion

478 Calories (kcal)	22.0 Total Fat (g)	8.4 Saturated Fat (g)	40.0 Total Carbs (g)
24%	31%	42%	15%
5.6 Sugars (g)	26.0 Protein (g)	5.5 Fibre (g)	1.5 Sodium (g)
6%	52%	22%	25%