



# 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.

## Ingredients

### For eggplants

- 3 eggplants, large
- 2 tablespoons olive oil
- salt
- pepper

### For filling

- 500 g striped penne pasta
- salt
- 4 tablespoons olive oil
- 1 onion
- 1 clove of garlic
- 10 fresh sage leaves
- 6 sprigs fresh basil
- 500 g fatty ground beef
- 120 g red wine
- 400 g canned chopped tomatoes
- 1 chicken bouillon cube
- 2 dried red chili peppers

### To assemble

- 250 g mozzarella, grated
- 4 tablespoons parmesan, grated
- 50 g breadcrumbs
- pepper

## Διατροφικός πίνακας

### Nutrition information per portion

431 Calories (kcal)	14.5 Total Fat (g)	5.5 Saturated Fat (g)	44.0 Total Carbs (g)
22%	21%	28%	17%
6.6 Sugars (g)	27.6 Protein (g)	5.3 Fibre (g)	1.1 Sodium (g)
7%	55%	21%	18%

- Bake for 30 minutes.
- When ready, remove from oven and allow pasta pie to cool before serving.