

COMBINING RIGHT RECIPES

MAINS

Carbohydrate

Baked Egg Plant – serves 2 (carbohydrate)

300 g egg plant

5 Tbsp olive oil

salt, pepper

2 eggs

2 tomatoes

1 onion, finely chopped

½ bunch parsley, finely chopped

100 g Mozzarella cheese

2 Tbsp pine nuts

Pre-heat oven to 180 degrC. Wash and halve egg plant. Hollow out with a sharp knife and soak egg plant flesh in cold salt water. Brush egg plant halves with 2 Tbsp olive oil and season with salt and pepper. In an oven-proof dish, bake egg plant for approx. 10 minutes. Hard-boil eggs, peel and finely chop. Blanche tomatoes with boiled water, peel and de-seed, and cut into cubes. Heat remaining oil and saute onions, then add dried egg plant flesh and tomatoes, and saute for another couple of minutes. Finely chop Mozzarella cheese, mix with eggs and sauteed egg plant mix. Add parsley, and season to taste. Fill into egg plant shells and bake for another 15 minutes. Serve with a green salad.