

Cheesy Eggplant and Tomato

Vegetarian 'Lasagna'

hellóchef

A gorgeous dinner – worth the oven time!

Cals 635 • Prot 42 • Carbs 59 • Fat 31

Vegetarian

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🕒 cook: 60 min

R2349



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Eggplant	2 ppl	3 ppl	4 ppl	
Eggplant	2	2	3	Piece
Olive oil	2	3	4	Tbsp
Salt	1	1	2	Tsp
Black pepper	0.5	1	1	Tsp
Tomatoes				
Shallots	1	2	2	Piece
Garlic cloves	2	2	3	Piece
Cherry tomatoes	250	300	500	Grams
Sun dried tomatoes	30	60	60	Grams
Butter 4*	20	30	50	Grams
Olive oil	2	3	4	Tbsp
Salt	1	1	2	Tsp
Tomato paste	70	70	140	Grams
Water	100	150	200	ML
Honey	15	15	30	Grams
Dried oregano	2	2	4	Grams
Vegetable stock cube 15*	0.5	0.5	1	Piece
Cheese				
Grated Parmesan 4*, 5*	30	45	60	Grams
Grated mozzarella 4*	150	200	300	Grams
To serve				
Fresh basil	15	15	15	Grams

Allergens

*4 Milk, *15 Celery, *5 Eggs

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	2642 / 635
Fat (g)	31
of which saturates (g)	16
Carbohydrate (g)	59
of which sugars (g)	34
Fiber (g)	19.5
Protein (g)	41.5
Salt (g)	2.4

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Roast

Preheat the oven to 220°C/200°C fan. Slice the **eggplants** into 1cm thick slices. Add them to a lined baking tray. Drizzle with **olive oil**. Sprinkle with **salt** and **pepper**. Roast for 20 min or until browned and softened.

Tip! Prep ahead, up until step 5. Cover with cling film and refrigerate, then bake just in time for dinner.



2 Prep

Meanwhile, peel and chop the **shallots** and **garlic**. Halve the **cherry tomatoes**. Roughly chop the **sun dried tomatoes**.



3 Simmer

Heat a pan with the **butter** and **olive oil** over a medium heat. Once hot, add the **shallots** with a pinch of **salt**. Fry for 3 min until softened. Add the **garlic** and fry for 30 sec further. Add the **cherry tomatoes, sun dried tomatoes, tomato paste, measured water, honey, dried oregano** and crumbled [0.5/0.5/1] **stock cube**. Cover with a lid and simmer for 10 min or until the **tomatoes** have broken down.



4 Bake

Once the **eggplants** are cooked through, start layering them in a baking dish, alternately layer the roasted **eggplant** slices, simmered **tomatoes, grated Parmesan** and **grated mozzarella**. Create 2-4 layers (finish with a layer of **cheese!**) Bake in the oven for 15-20 min or until nicely browned.

Tip! Add lasagna sheets if you're missing carbs!



5 Serve

Garnish the baked **lasagna** with **fresh basil** leaves.