



Tips For Fussy Eaters

Add real lasagna sheets to the bake!

Pro Tip

Prep ahead, up until step 5. Cover with cling film and refrigerate. Bake just in time for dinner.

A gorgeous dinner – worth the oven time!

Cooking Time: 60 min | Gluten-Free
Cals 582 | Prot 26 | Carbs 48 | Fat 30

Ingredients

For 2 For 3 For 4

Eggplant

Eggplant	2	2	3	Piece
Olive oil	2	3	4	Tbsp
Salt	1	1	2	Tsp
Black pepper	0.5	0.5	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
Salted butter	20	40	50	Grams
Olive oil	2	3	4	Tbsp
Tomato paste	70	70	140	Grams
Water	100	150	200	ML
Honey	15	15	30	Grams
Salt	1	1	2	Tsp
Black pepper	0.5	1	1	Tsp

For lasagna

Parmesan	60	90	120	Grams
Grated mozzarella	150	200	300	Grams

To serve

Fresh basil	15	15	15	Grams
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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.



4 Prep cheese

Meanwhile, grate the **Parmesan**.



2 Prep

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



5 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.



3 Simmer

Heat a pan with the **butter** and **olive oil** over a medium heat. Add the **shallots**, **garlic**, **cherry tomatoes**, **sun dried tomatoes**, **tomato paste**, **measured water**, **honey**, **salt** and **black pepper**. Cover with a lid and simmer for 10 min or until the **tomatoes** have broken down.



6 Serve

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