



Aubergine Cannelloni with Spinach & Ricotta & Roasted Tomato Sauce

SERVES 4

INGREDIENTS

Olive oil spray
1 small onion, sliced
2 large aubergine, sliced into 8 lengthwise
10 Roma tomatoes
4 garlic cloves, peeled
250g frozen spinach, thawed and squeezed dry
600g low-fat ricotta cheese
2 tbs chopped fresh herbs, i.e.: basil, oregano, parsley

METHOD

1. Preheat oven to 200°C. Line 2 oven trays with baking paper.
2. Halve tomatoes lengthwise, remove and discard seeds. Place cut side down on one baking tray with the onion and garlic. Spray with olive oil, season.
3. Place the aubergine slices on the second baking tray, overlapping slightly to fit. Spray lightly with oil.
4. Place both trays in the oven; roast until aubergine is soft and tomatoes puff and start to brown – about 25 minutes.
5. Meanwhile, in a food processor, blend spinach, ricotta and herbs; set aside.
6. Remove the vegetables from the oven. Pull the skin off the tomatoes and discard. Place the tomatoes, onion, garlic and any juices into the food processor and process until a chunky sauce forms.
7. Spoon 1 cup of tomato sauce into a baking dish, place ½ cup spinach-ricotta mixture on one aubergine slice; roll up from small end, and place seam side down in baking pan.
8. Repeat with remaining slices, using all the filling.
9. Top aubergine rolls with the prepared tomato sauce and bake for about 25 minutes.
10. Serve with a side salad.

