Dinner

Baked Aubergine Layers with Tomato Sauce

Slices of aubergine are roasted until tender, then layered with a rich herby tomato sauce and mozzarella cheese. A golden topping of Parmesan cheese and almond flour finishes the dish.



Low fat | Low sugar

100 min	247	19.2 g	16.7 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 2 tsp olive oil
- [ ] 1 large onion, peeled and finely chopped
- [ ] 3 garlic cloves, peeled and finely chopped
- [ ] 2 x 400g cans of chopped tomatoes
- [ ] 4 tbsp tomato purée
- [ ] 1 tsp dried oregano
- [ ] 1 tsp dried mixed herbs
- [ ] 1 tsp paprika
- [ ] 2 medium aubergines
- [ ] 125 g reduced-fat mozzarella cheese
- [ ] Small handful fresh basil leaves
- [ ] 25 g grated vegetarian Parmesan cheese
- [ ] 25 g almond flour

Nutrition Facts

Per serving

Calories	247
Total fat	10.4 g
Saturated fat	3.9 g
Sodium	Not listed
Total carbs	19.2 g
Fiber	8.6 g
Total sugars	16.7 g
Protein	15.1 g

Method

- [ ] **1** Set a large saucepan over a low heat, pour in 1 tsp of the olive oil and give the peeled, finely chopped onion 4 to 5 minutes to soften in it.
- [ ] **2** Next, add the peeled, finely chopped garlic cloves and keep them moving around the pan for 2 minutes so they cook evenly without catching.
- [ ] **3** Both cans of chopped tomatoes go into the pan after that, together with the tomato purée and the dried oregano. Wait for everything to reach the boil, then clamp on a lid and hold the sauce at a simmer for 25 minutes.
- [ ] **4** While the sauce works, get the oven up to 200°C/180°C fan oven/gas 6 and cover two baking sheets with foil.
- [ ] **5** Cut the aubergines lengthways into thin slices and spread these out in one layer over the foil.
- [ ] **6** Trickle the rest of the olive oil over the aubergine and scatter the dried mixed herbs and the paprika on top before putting the sheets in the oven for 25 minutes.
- [ ] **7** Spoon a little of the finished sauce across the base of a 2 litre ovenproof dish, then lay a portion of the baked aubergine slices over it.
- [ ] **8** A scattering of half the reduced-fat mozzarella cheese and a few fresh basil leaves follows, after which the same layers are built once more and the last of the sauce gets poured over everything.
- [ ] **9** Toss the grated vegetarian Parmesan cheese together with the almond flour and shower the resulting crumb across the assembled dish.

diabic.com/recipes

Scan to open this recipe and its shopping list

- [ ] **10** The dish needs a final 20 minutes in the oven, and it is ready once the surface bubbles. Dress it with the remaining fresh basil leaves and bring it to the table alongside a mixed green salad.