

EGGPLANT GRILLED CHEESE

Time: 40 minutes

Serves: 2

Ingredients:

240g eggplant - peeled and sliced to 5mm thick discs
4g salt
80g mozzarella cheese slices
10ml avocado oil (or other neutral-flavoured cold pressed oil)
Few grinds black pepper

Preparation:

Sprinkle the salt on both sides of the eggplant slices then, rest in a colander for thirty minutes. Rinse with cold water. Blot the discs dry with paper towel.

Place a slice of cheese between each pair of eggplant slices just like a sandwich.

Place a frying pan on medium heat and add the oil.

Fry the eggplant sandwiches for four minutes on each side.

Remove from heat and serve immediately topped with a few grinds of pepper.

Nutritional Information Per Serving:

Calories: 184
Fat: 13g
Carbs: 8g
Fibre: 4g
Protein: 10g