



AUBERGINE STACK

THE LOW-CARB CREED BY SALLY-ANN CREED

Ingredients

- 1 red pepper, deseeded and sliced into quarters
- 1 yellow pepper, deseeded and sliced into quarters
- 1 aubergine cut into 6 slices, about 5mm thick each
- 30ml olive oil
- 60ml Versatile Tomato Sauce
- 1 tomato cut into 4-6 slices
- 8 basil leaves
- 4 slices of mozzarella cheese, 2-3mm thick
- Salt and pepper
- Poached egg to serve

Method

1. Preheat the oven to 180C.
2. Place the peppers onto a baking sheet and bake for 30 minutes.
3. Slice the aubergines into 5mm slices and sprinkle with salt. Set aside to sweat in a colander for about 15 minutes.
4. Rinse the aubergine thoroughly. Pat dry. Toss in a bowl with olive oil and some salt.
5. Heat a griddle pan on the stove till it is smoking hot.
6. Lay the aubergines on the griddle pan and grill for 2-3 minutes on each side until they become golden and slightly charred.
7. Set them aside on a paper towel and allow to drain.
8. Remove peppers from the oven. Allow the peppers to cool for a few minutes. You will have 4 red and 4 yellow slices.
9. Place 2 tbsp of tomato sauce onto a plate.
10. Lay a slice of aubergine in the middle of the tomato sauce, then top with a slice of tomato, 2 basil leaves, a slice of cheese and a slice of red, then yellow pepper. Repeat the pattern. Finish off with one more aubergine and a poached egg

