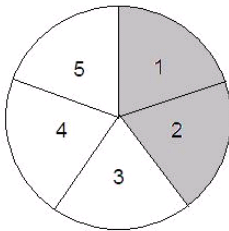


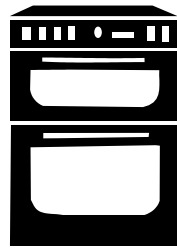
Baked Aubergine & Tomato

Serves 4

Portions of fruit & vegetables per serving: 2



Oven needed



Allergen information:

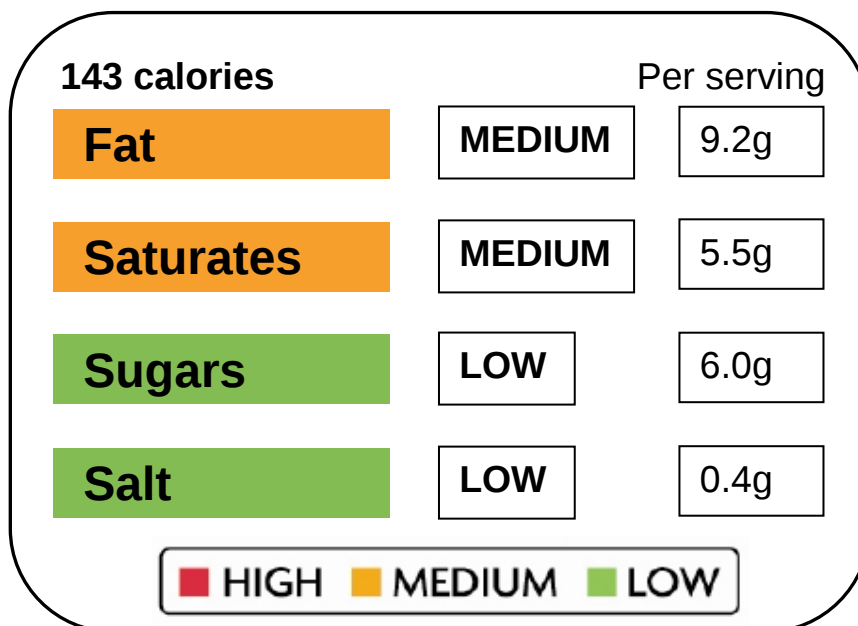
Allergens are in bold.
Contains milk

Ingredients	Amount	Preparation
aubergine	1 large (approx 400g)	sliced
tomatoes	20 cherry or 6 medium	sliced if the large ones
vegetable oil	1 teaspoon	
black pepper	1 teaspoon	
low-fat mozzarella cheese	1 ball (150g/5oz)	roughly chopped
fresh basil	approx 15 leaves	roughly torn

Please Turn Over

Method

- 1 Heat oven to 200°C / gas mark 6.
- 2 Bush the aubergine and tomatoes with a little oil, season with a little of the black pepper and grill or bake, turning occasionally, until golden brown.
- 3 Arrange the aubergine slices in a shallow casserole dish. Arrange the tomatoes on top of the aubergine slices.
- 4 Scatter the mozzarella over the top.
- 5 Season well with black pepper and bake for 5 minutes or until the mozzarella has melted.
- 6 Scatter with the basil leaves and serve.



Handy Hints

- Great as a side dish or starter or as a main dish with chunky bread.