

EGGPLANT WRAP

(courtesy Sally-Ann Creed)

Ingredients:

500g mince

2 eggplants, cut slices lengthwise

4 shallots grated

4 garlic cloves, crushed

1 teaspoon finely chopped rosemary

1 teaspoon finely chopped oregano

2 cups tomato sauce (make own, if possible)

2 tablespoons butter or coconut oil

himalayan salt, ground pepper to taste

Method:

Preheat oven 200 degrees C

In a large pan over medium heat, warm 1 tablespoon coconut oil/butter and sauté the beef with half the shallots and half the garlic, rosemary and oregano. Cook till meat evenly browned. Season to taste.

In a saucepan warm 1 tablespoon butter/coconut oil and sauté remaining shallots and garlic until soft

Add the tomato sauce to the shallots and garlic, combine well and let simmer for 10 – 15 minutes

While the sauce simmers place the eggplant on a roasting pan and coat with olive oil/coconut oil on each side. Roast in the oven for 10 minutes, then let it cool for 5 minutes.

Once eggplant slices are cool, place the meat mixture at the edge of each slice off eggplant and

roll the eggplant around the meat. Place the wrap in a roasting dish, cover with the tomato sauce.

Place in oven and cook for another 15 minutes. Serve with salad