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INVOLTINI OF AUBERGINE WITH 3 CHEESES

Ingredients

- 2 aubergines
- 1 kg tomato passata
- 1 mozzarella cheese

Ingredients filling:

- 75 g. feta
- 1 mozzarella cheese
- 25 g. parmesan
- 50 g. cashew nuts
- 50 g. soaked currants
- 4 tbsp Amanprana extra virgin red palm oil
- 2 tbsp wholemeal breadcrumbs
- 1 clove of garlic
- Zest of ½ lemon
- 1 sprig of fresh mint
- ½ bunch of flat-leaved parsley
- 1 egg

Preparation

Cut the aubergines into long ½ cm slices and fry in some red palm oil.

Leave to cool and prepare the filling. Cut up the first mozzarella and mix with the rest of the ingredients. Mash up and mix thoroughly.

Place a bit of filling on a slice of aubergine (approximately one large soup spoon).

Roll up the slices and put them tightly together in an oven dish. Pour over the passata and season with unrefined sea salt with herbs. Place a slice of the other mozzarella on top of each roll and put in the oven for 30 minutes.

Gluten free

Vegetarian



Vegan

Raw food

