

Baby eggplant, tomato & basil ricotta lasagne



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Preparation: about 30 minutes

Cooking: about 45 minutes

Serves: 6

600g baby eggplants, trimmed and sliced lengthways into strips

Olive oil cooking spray or olive oil

1 cup basil leaves, roughly chopped

400g ricotta cheese

Salt and ground black pepper

250g (approx) fresh lasagne sheets

1½ cups tomato pasta sauce

4 vine-ripened tomatoes, sliced

1 cup grated parmesan cheese

Basil leaves, to serve

1. Grease a 10-cup capacity shallow ovenproof dish (base about 25cm long x 16cm wide) with oil.
2. Heat a char-grill or barbecue over high heat. Spray or brush eggplant on both sides with oil. Char-grill or barbecue for 1–2 minutes on each side until golden and tender. Set aside.
3. Combine basil, ricotta and salt and pepper to taste in a bowl.
4. Cover dish base with a single layer of lasagne sheets, trimming sheets to fit. Spread with one quarter of tomato sauce. Top with another layer of lasagne sheets. Spread with one third of the remaining tomato sauce and half the ricotta, eggplant and tomatoes. Cover with a layer of lasagne sheets. Repeat layering using half the remaining tomato sauce and remaining ricotta, eggplant and tomatoes. Top lasagne sheets. Spread top with remaining tomato sauce. Sprinkle with parmesan and spray with oil. Bake for 45–50 minutes or until hot in the centre. Sprinkle with basil and serve.



Eggplant

- A good source of dietary fibre, which is important to keep the bowel healthy.
- Provides some vitamin C. This vitamin forms part of the body's armoury against infection.
- The skin of purple eggplant is a rich source of valuable antioxidant pigments that are important in keeping the body healthy.