

OVERALL time: 60 mins

Eggplant roll-up's

A simple yet flavour-packed dish that turns humble eggplant into something special. Thin slices of eggplant are roasted until tender with fragrant vegetable seasoning, then rolled up for an elegant finish. Perfect as a light main, appetiser or side, these eggplant roll-ups are easy to prepare, beautifully presented and full of comforting, savoury flavour.

Metric

Number of servings : 4

ingredients

For the eggplant

- 2 Medium eggplants
- Olive oil, to drizzle
- Creamed cheese, to serve
- Preserved lemon or mango chutney to top
- Fresh herbs, to serve

For the Filling

- Cooked or steamed buckwheat
- Cooked brown lentils
- 15 ml Harissa Paste
- 15 ml Lemon Juice
- 15 ml Honey
- **Cape Herb and Spice Salt & Pepper**

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 20 mins | COOKING TIME: 40 mins

1. Slice the eggplant, place it on a parchment paper-lined baking tray, drizzle with olive oil, roasted vegetable seasoning, and roast in the oven for 30-40 minutes at 170 degrees Celsius until cooked through.
2. Mix the filling ingredients and then add 1-2 tbsp of the filling onto the eggplant, roll up, and

place in a baking dish, top with the preserved lemon, mango chutney, or canned cherry tomatoes.

3. Season with the roasted vegetable seasoning and bake for 20-30 minutes at 180 degrees Celsius until fragrant and cooked through.

4. Once cooked, serve with dollops of creamed cheese or ricotta, fresh herbs, and more reserved lemon and enjoy!

Recipe by Mariza Ebersohn. Mariza is a freelance stills and reel food stylist, food photographer and recipe developer.

<https://capeherb.co.za>

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