

food | SUMMER DELIGHTS

EGGPLANT AND PROSCIUTTO ROLLS

Serves 4-6
These rolls are a perfect accompaniment for a picnic as they taste even better cold. They can be made a couple of days ahead of time and kept in an airtight container in the fridge; serve them on their own cold or at room temperature with some crusty bread and a salad.

Ingredients

- 1 medium sized eggplant
- ½ cup sunflower or vegetable oil
- ½ cup water
- ½ medium onion, finely diced
- 1 clove garlic, finely diced
- 236g pasta tomato sauce
- 1 tbsp pine nuts, chopped
- 1 tbsp currants
- ½ cup bread crumbs, dried
- ½ cup grated parmesan
- 2 tbsp chopped flat leaf parsley
- Salt and pepper
- 4 slices of prosciutto, sliced length ways in half

Method

Pre-heat oven to 180C. Remove the stalk from the eggplant and slice lengthways into 5cm slices. Place sliced eggplant into a colander and lightly salt. Leave to drain on the sink for 20 minutes. Rinse eggplant and press on to paper towel to squeeze out excess water. Heat a frypan over a moderate temperature and add in the oil. When the oil is hot, fry eggplant slices for 2-3 minutes on each side until golden and drain on paper towel. After all the eggplant has been fried, add in the water, diced onion and garlic and simmer for 4-5 minutes until the onions have softened; add in the sauce and stir for 2 minutes. Turn off the heat and pour the sauce into a dish to refrigerate for 15 minutes. In a separate bowl add in the pine nuts, currants, breadcrumbs, parmesan and parsley; then season with salt and pepper. Pour the cold sauce into the breadcrumb mixture and stir to combine. Add a tablespoon of water if the mixture seems too dry. Lay the slices of eggplant on to your bench with the rounded edge towards you and place a spoonful of the breadcrumb mixture on to each slice. Roll up the slices and then wrap a slice of prosciutto around the bundle. Place into an oiled baking dish and bake for 20 minutes until the prosciutto is golden.



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