



HEALTH SCORE

68%

## Aubergine timbales with goat's cheese



Vegetarian



Gluten Free



Very Healthy

READY IN



75 min.

SERVINGS



6

CALORIES



450 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 6 servings olive oil for frying
- ☐ 2 large eggplant thinly sliced
- ☐ 1 bell pepper red deseeded finely chopped
- ☐ 6 shallots halved thinly sliced
- ☐ 2 garlic clove chopped
- ☐ 2 tbsp balsamic vinegar
- ☐ 6 large vine ripened tomato quartered
- ☐ 2 tbsp olives black

- ☐ 1 tbsp caper
- ☐ 25 g basil shredded
- ☐ 80 g pecorino cheese parmesan-style grated
- ☐ 300 g goat cheese sliced into 12 (chèvre)
- ☐ 200 g baby spinach
- ☐ 6 tbsp balsamic vinaigrette salad dressing
- ☐ 50 g pinenuts toasted

## Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ knife

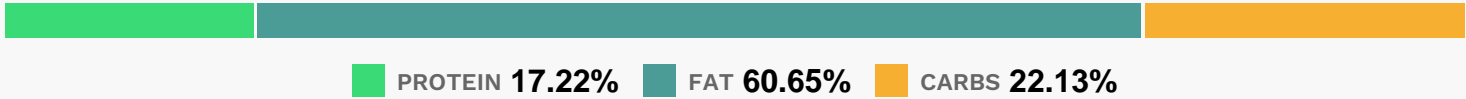
## Directions

- ☐ Put oil in a large frying pan to cover the base, and heat. Fry the aubergine until softened, 2–3 mins. Season, then drain on paper towel. You may have to do this in batches.
- ☐ For the filling, add 2–3 tbsp oil to the pan and fry the pepper, courgette, shallots and garlic over a high heat until they have a good colour, 3–5 mins. Stir in the balsamic vinegar and cook until evaporated.
- ☐ Add the tomatoes and season, then cook for 3 more mins stirring occasionally until the mixture is softened, but not too saucy.
- ☐ Remove from the heat, then mix in the olives, capers, half the shredded basil and the grated parmesan. Set aside to cool.
- ☐ Grease the moulds and line the bases with aubergine slices to fit. Top with veg mixture, more aubergine slices (cut to fit if needed) and a slices of cheese. Repeat the layers, finishing with aubergine. Press lightly to firm. Can be covered with cling film and chilled for up to 1 day.
- ☐ To cook and serve: heat oven to 200C/fan 180C/gas
- ☐ Chilled cups will need to come to room temperature first.
- ☐ Place the cups on a tray, uncovered, and bake for 12–15 mins until bubbling. Allow to stand for 10 mins while you toss the spinach and remaining basil with vinaigrette and seasoning and

divide between six dinner plates. Scatter over the nuts.

- ☐
- Loosen the tops of the timbales with a table knife and up-end into the centre of the salad on the plates, shaking the cups to help demould. Top with the parmesan shavings and serve.

## Nutrition Facts



### Properties

Glycemic Index:56.5, Glycemic Load:5.3, Inflammation Score:-10, Nutrition Score:35.05956530571%

### Flavonoids

Delphinidin: 130.82mg, Delphinidin: 130.82mg, Delphinidin: 130.82mg, Delphinidin: 130.82mg Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 4.18mg, Kaempferol: 4.18mg, Kaempferol: 4.18mg, Kaempferol: 4.18mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 4.98mg, Quercetin: 4.98mg, Quercetin: 4.98mg, Quercetin: 4.98mg

### Nutrients (% of daily need)

Calories: 450.03kcal (22.5%), Fat: 31.81g (48.93%), Saturated Fat: 11.93g (74.54%), Carbohydrates: 26.11g (8.7%), Net Carbohydrates: 16.86g (6.13%), Sugar: 15.21g (16.9%), Cholesterol: 32.07mg (10.69%), Sodium: 523.11mg (22.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.32g (40.65%), Vitamin K: 222.7µg (212.1%), Vitamin A: 6154.21IU (123.08%), Manganese: 1.81mg (90.74%), Vitamin C: 66.24mg (80.29%), Copper: 0.81mg (40.45%), Folate: 156.22µg (39.05%), Phosphorus: 390.39mg (39.04%), Fiber: 9.24g (36.97%), Potassium: 1192.59mg (34.07%), Vitamin B6: 0.65mg (32.39%), Calcium: 317.39mg (31.74%), Vitamin E: 4.63mg (30.85%), Magnesium: 114.46mg (28.62%), Vitamin B2: 0.44mg (25.62%), Iron: 3.89mg (21.62%), Vitamin B1: 0.25mg (16.89%), Vitamin B3: 3.23mg (16.17%), Zinc: 2.3mg (15.33%), Vitamin B5: 1.19mg (11.9%), Selenium: 6.02µg (8.6%), Vitamin B12: 0.25µg (4.25%), Vitamin D: 0.27µg (1.78%)