



# Eggplant Pizza

## You need:

- 1x medium/300g eggplant (sliced in 1.5 cm thick rounds = +/- 6 rounds)
- 30ml tomato paste
- 60g mozzarella
- 100g Rosa tomatoes
- Basil/baby spinach leaves
- 1 tbsp oil
- spices

## Calories/s

286

## Prep time

10-15 min

## servings (s)

## Method:

- Preheat the oven to 200°C.
- Add salt to the eggplant rounds and let stand for 5 min, then rinse it clean.
- Brush oil on both sides and add spices.
- Place the eggplant rounds in a baking tray (on baking paper).
- Bake for 15-20 min (until soft – test with a fork).
- Spread the tomato paste, followed by the mozzarella evenly on each round.
- Top with fresh basil/spinach.
- Bake for another 5-10 min, until cheese melts (be careful not to burn it).

## Nutrition Facts

Serving Size	per meal
	Per serve
<b>Energy</b>	<b>1197 kJ</b> 286 kcal
<b>Protein</b>	<b>17.14g</b>
<b>Carbohydrates</b>	<b>14.56g</b>
Sugar	5.42g
<b>Fat</b>	<b>18.56g</b>
Saturated Fat	8.282g
Polyunsaturated Fat	1.203g
Monounsaturated Fat	8.208g
Cholesterol	31mg
Fiber	6.2g
Sodium	320mg
Potassium	551mg