MARLEY SPOON

Low-Carb Eggplant Parm Rollatini

with Pesto

40-50min 2 Servings

Thinly sliced eggplant gets wrapped around a three-cheese blend of ricotta, mozzarella, and Parmesan in this simple-to-prepare eggplant rollatini. Pop it all into the aluminum tray, top with marinara and a sprinkle of fresh mozzarella and shredded Parmesan, then bake until perefectly golden. Finish it all off with a drizzle of herbaceous pesto for this low-carb take-out inspired tray bake.

What we send

- 1 eggplant
- 3¾ oz mozzarella [2]
- ¾ oz Parmesan [2]
- 4 oz ricotta [2]
- ¼ oz Italian seasoning
- 8 oz marinara sauce
- aluminum foil tray
- 2 oz basil pesto [2]

What you need

- kosher salt & ground pepper
- 1 large egg yolk [1]

Tools

- microwave
- box grater
- aluminium foil

Allergens

Egg (1), Milk (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 520kcal, Fat 34g, Carbs 29g, Protein 30g

1. Slice eggplant

Preheat oven to 400°F with a rack in the upper third. Trim top of **eggplant** to remove stem. Thinly slice lengthwise into ⅛ –¼-inch slices, discarding end slices (should yield about 10 slices total).

2. Prep eggplant

Arrange a layer of **eggplant slices** on a paper towel-lined plate and sprinkle with **salt**. Cover with another paper towel; repeat with remaining slices. Top with another paper towel and microwave on high heat until eggplant slices are tender and fold easily, 6–7 minutes, flipping stack halfway through. Set aside to cool slightly.

3. Make filling

Meanwhile, grate **mozzarella** using the large holes of a box grater. Finely grate **Parmesan**, if necessary. In a small bowl, whisk together **ricotta**, **1 egg yolk**, **1 teaspoon Italian seasoning**, and **half each of the mozzarella and Parmesan**. Season with **a generous pinch each of salt and pepper**.

Spread a thin layer of **marinara sauce** on the bottom of the aluminum tray.

4. Make rollatini

Arrange **eggplant slices** on a work surface. Divide **filling** among slices, and roll up, starting with the narrower end. Arrange **rollatini**, seam-side down in prepared tray. Spoon over **remaining marinara sauce**, and top with **remaining mozzarella and Parmesan**.

5. Bake & serve

Cover tray with aluminum foil and bake, covered, until **eggplant** is very tender and **cheese** is melted, 25–30 minutes. Switch oven to broil. Remove foil from tray and broil on upper rack until cheese is browned, 2–3 minutes (watch closely as broilers vary).

Cool for 5 minutes before serving. Dollop **eggplant rollatini** with **pesto**. Enjoy!

6. Rate your plate!

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