



## Low-Carb Four-Cheese Eggplant Rollatini

with Pesto



1h



2 Servings

Talk about a veggie with versatility—there are oh so many ways to use eggplant! In one of our favorites, fresh eggplant is thinly sliced, microwaved until pliable, then packed with an herby, cheesy filling before being rolled up. The rollatini are then arranged on a layer of marinara, topped with more sauce, and finished with a hearty layer of cheese before they take to the oven. We finish with pesto for a fresh herby bite!



## What we send

- 1 eggplant
- 3¾ oz mozzarella <sup>2</sup>
- ¾ oz Parmesan <sup>2</sup>
- 4 oz ricotta <sup>2</sup>
- ¼ oz Italian seasoning
- 2 oz shredded fontina <sup>2</sup>
- 8 oz marinara sauce
- 2 oz basil pesto <sup>2</sup>

## What you need

- kosher salt & ground pepper
- egg yolk <sup>1</sup>

## Tools

- microwave
- box grater
- 8x8-inch baking dish
- 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 620kcal, Fat 43g, Carbs 28g, Protein 37g



### 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 medium bowl, whisk together **ricotta**, **1 egg yolk**, **1 teaspoon Italian seasoning**, and **half each of the mozzarella, fontina, and Parmesan**. Season with **salt** and **pepper**.

Spread a thin layer of **marinara sauce** on the bottom of an 8x8-inch baking dish.



### 4. Assemble 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 dish. Spoon over **remaining marinara sauce** and top with **remaining mozzarella, fontina, and Parmesan**.



### 5. Bake & serve

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

Cool for 5-10 minutes before serving. Dollop **eggplant rollatini** with **pesto**. Enjoy!



### 6. Check us out!

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