



Tray Bake: 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 perfectly 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 ⁷
- ¾ oz Parmesan ⁷
- 4 oz ricotta ⁷
- ¼ oz Italian seasoning
- 8 oz marinara sauce
- aluminum foil tray
- 2 oz basil pesto ⁷

What you need

- kosher salt & ground pepper
- 1 large egg yolk ³

Tools

- microwave
- box grater
- aluminium foil

Allergens

Egg (3), Milk (7). 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.



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!



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.



6. Rate your plate!

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