



MINI LASAGNA OF GRILLED VEGETABLES

INGREDIENTS

- ½ eggplant, in thin slices
- 2 tablespoons of olive oil
- ½ courgette, in thin slices
- 1 sweet potato, peeled and in thin slices
- A handful of basil leaves

For the sauce

- 10 grams of butter
- 10 grams of flour
- 50 ml of water
- 20 ml of whipping cream
- Nut meg
- 20 grams of Parmesan cheese, in curls

FIRST COURSE, STARTER

2 PERSONS

TIME: 40 MINUTS

DIRECTIONS

Peel and boil the sweet potato.

Slice the eggplant, the courgette and the sweet potato in thin slices.

Melt the butter for the sauce at low fire and add all stirring the flour.

Leave it all stirring to cook for 1 minute. Add water bit by bit and bring it all stirring to the boil.

Cook softly till the sauce is thicken. Stir the cream through it and leave it to cook for 1 minute. Season the sauce with nut meg and pepper.

Heat a bit of the oil in a grill pan and grill the courgette and sweet potato slices brown and cooked every other one.

Grill the eggplant slices brown every other one. Add every now and then some oil for keeping the pan good fatty.

Serve on each plate a spoon of sauce and make nice piles of the vegetables with a bit of sauce between them. Garnish with the basil leaves and Parmesan cheese sliced in curls.

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