



EGGPLANT CANNELLONI w TOMATO

- 175g firm tofu
- 1 stick celery
- 1 red onion
- 1 clove garlic
- 1 teaspoon smoked paprika
- 1 large eggplant
- 2 teaspoons coconut oil
- 1 cup bought passata (or make your own just process some fresh tomatoes)
- 1 teaspoon apple cider vinegar
- 1 teaspoon sugar (or equivalent stevia)
- 1 tablespoon dukkah

Preheat oven to 180°C

Trim eggplant ends and slice lengthwise into thin slices - preheat grill pan or frypan with coconut oil – cook eggplant slices in batches on a medium-low heat until slightly browned softened and cooked all the way through - then set aside to cool.

In a food processor place celery, onion and garlic and blitz until fine – heat frypan with 1 teaspoon coconut oil and add the celery mix and smoked paprika and cook gently for 3-4 minutes – set aside.

Place tofu into food processor and blend until crumbled, then add this to the celery mix – season with salt and pepper and stir to combine.

Combine passata, vinegar, sugar, salt and pepper – spoon ½ of mixture into bottom on a baking dish.

Lay out cooked eggplant slices and spoon and divide out the tofu/celery mix between them and roll up each eggplant slice into a cannelloni shape – place in baking dish on top of passata – spoon over remaining passata – sprinkle dukkah and bake for 15-20 minutes.

Serve with mixed salad!

Healthy Cannelloni!!!!