

PENNE WITH EGGPLANT AND MINCED MEAT

2 persons / 535 kcal per serving

Ingredients:

- 1 eggplant
- 2 tablespoons olive oil
- 1 garlic cloves
- 200 grams peeled tomatoes
- 140 grams whole wheat penne
- ½ tablespoon red wine vinegar
- 1 gram sugar
- 7 grams fresh basil
- 150 grams lean ground beef
- salt and pepper



Preparation:

Cut the eggplant into 1 x 1 cm cubes. Mix the eggplant with 1 tablespoon of salt. Let stand in a colander for 30 minutes. Rinse and push the liquid out with the rounded side of a spoon. Finely chop the garlic. Heat the oil in a frying pan and fry the eggplant over medium heat for 10 minutes around brown. Remove from the pan. Fry the minced meat in the same pan and add the garlic and fry it for 1 minute. Add the tomatoes with juice. Crush them with a spoon. Cook gently for 10 minutes. Cook the pasta according to package directions. Add the eggplant, vinegar and sugar to the tomato sauce and simmer for another 5 minutes. Mix the pasta with the sauce. Season with salt and pepper, if necessary. Pick the leaves of the basil and cut it roughly. Add the basil and serve immediately.

Nutritional value per portion:

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| Energy: | 535 kcal |
| Protein: | 27.2 grams |
| Carbohydrates: | 53.7 grams |
| - including sugars: | 9.9 grams |
| Fat: | 21.5 grams |
| Fiber: | 8.6 grams |
| Salt: | 1.1 grams |