

MEDITERRANEAN BURGER

2 persons / 571 kcal per portion

Ingredients:

- ½ ciabatta (bake off bread)
- 1 tablespoon olive oil
- 225 grams Tuscan potato wedges
- ½ beef tomato
- ½ eggplant
- ½ zucchini
- 2 low-fat burgers
- 2 tablespoons pesto rosso
- pepper and salt



Preparation:

Preheat the oven to 220 °C and bake ciabatta in 6-8 minutes. Heat ½ tablespoon of oil in a non-stick frying pan and fry potato slices in approx. 8 minutes until golden. Cut half a tomato in 2 slices, half an eggplant in 4 slices and half a zucchini in 12 thin slices and brush all thinly with oil and season with salt and pepper. Heat up the grill plate. Grill eggplant, zucchini and tomato slices for 3, 2 and 1 minutes per side respectively. Brush hamburgers thinly with oil and grill according to package instructions. Cut bread into 2 pieces, cut into pieces. Cover the bottom with pesto and cover with a slice of eggplant, 3 slices of zucchini, a slice of tomato, and a hamburger. Smear the burger with tomato pesto and cover with a slice of eggplant, 3 slices of zucchini. Cover with the other half of bread and stick with a skewer. Serve the burger with baked potatoes.