

PASTA WITH EGGPLANT AND RICOTTA



2 persons / 474 kcal per person

Ingredients:

- 1 eggplant
- $\frac{1}{4}$ teaspoon of salt
- 1 tablespoon of Italian herbs
- 2 tablespoons of olive oil
- 200 grams canned tomato cubes
- 120 grams of penne
- 100 grams of ricotta
- pepper and salt

Preparation:

Cut the eggplant widthwise into 1 cm slices. Sprinkle the slices with the salt and let stand for 15 minutes. Pat dry with kitchen paper. Heat $\frac{3}{4}$ oil in a frying pan and fry the eggplant for 5 minutes until golden brown. Turn halfway through. Add the tomato cubes together with the Italian herbs, stir and let it simmer for 10 minutes. Season with pepper and possibly salt. Cook the pasta according to the instructions on the package. Mix the ricotta with the rest of the oil and season with salt and pepper. Drain the pasta and stir through the eggplant sauce. Divide between 2 deep plates and divide the ricotta over them.

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Nutritional value per person:

Energy:	474 kcal
Protein:	15.5 grams
Carbohydrates:	58.4 grams
- including sugars:	14.2 grams
Fat:	18.1 grams
Fiber:	6.9 grams
Salt:	1.2 grams