

AUBERGINE PIZZAS

with Sundried Tomato and Chick Pea Salad



Indulge in this great mini pizzas without the guilt!

COOKING TIME: 35 MIN

CALS 453 | PROT 10.4G | CARBS 9.2G | FAT 12.4G



TIPS FOR FUSSY EATERS

Go easy on the chili. For the fussy ones, replace aubergine with toast.

PRO TIP

If time permits, roast the aubergines longer a bit longer to get really crispy pizzas

INGREDIENTS

	FOR 2	FOR 3	FOR 4
Aubergine	2	3	3
Tomato Paste	100g	150g	200g
Garlic cloves	1	1	2
Oregano	2g	3g	4g
Chili powder	2g	3g	4g
Cherry tomatoes	150g	225g	300g
Baby spinach	80g	120g	160g
Grated mozzarella	150g	225g	300g
Chick peas	300g	450g	600g
Sun dried tomatoes	30g	45g	60g
Cucumber	1	2	3
Lemon	1	1	1
Parsley	10g	15g	20g



1 WASH AND ROAST

Pre-heat the oven to 220c degrees.

Wash the **aubergines** and slice into 2cm thick slices. Place the slices on a lined oven tray, season them with **salt** and roast in the oven for 20 minutes.



2 WASH AND CUT

Meanwhile wash the **spinach** and cut the **tomatoes** in half. Take the **aubergines** out of the oven and brush with **tomato paste**. Top with **cherry tomatoes, spinach leaves** and **cheese**. Season with **oregano** and **chili** (you can leave some for the salad). Cook in the oven for another 5-10 minutes (you can switch on the grill module). Be careful not to burn them.



3 SEASON AND COOK

Drain and rinse the **chick peas**. Slice the **sundried tomatoes**. Wash and dice the **cucumber**. Wash and shred the **parsley**. Mix all together in a bowl. For the dressing, squeeze the **lemon juice** and crush the **garlic**. Add a little **olive oil** and crushed **black pepper**. Optionally add a little **chili** into salad too. Mix well.



4 SERVE

Once the **aubergine** pizzas are ready, let them set for 5 minutes (HOT!). Serve with the **chick pea** salad.

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