

Natalies Veggie Bake

Serves 8

2 Medium Aubergines - cut into 5mm slices lengthways
3 Medium Courgettes - cut into 5mm slices lengthways
200g Low fat Cream Cheese
100g Feta Cheese
Salt & Pepper



Tomato Sauce

2 Garlic cloves, peeled and finely sliced
6 tbsp Olive Oil
2 x 400g cans of chopped Tomatoes
Pinch Oregano
1 Lrg Red Pepper
Chopped Bacon (Optional)

Preheat oven to 200 C / Gas 6

Make the tomato sauce by frying the garlic, bacon (if using) and red pepper in the olive oil in a pan until soft, about 5 minutes. Add the tomatoes and oregano, a pinch of salt & pepper to taste and cook gently for 20-30 minutes.

Lay the sliced Aubergine and Courgettes on a grill pan, drizzle with oil and grill both sides.

Now to assemble the dish, as you would a lasagne. Instead of the lasagne sheets, put a layer of the courgette & aubergine slices on the base of a baking dish. Spread a layer of the cream cheese on top. Pour over a little tomato sauce, and crumble some feta on top. Continue with more layers and finish with a layer of tomato sauce with feta crumbled on top.

Bake for 30 minutes in the preheated oven.

Nutrition per portion:

398 kcalories, protein 18g, carbohydrate 8.5g, fat 28g, saturated fat 7g