

Aubergine Tomato Layers



Ingredients

(2-3 servings)

1 large Aubergine

8-10 cherry tomatoes, halved or 2-3 large tomatoes, sliced

Mozzarella, goat's cheese or feta

¼ cup Olive Oil

1 Tablespoon apple cider vinegar (ACV)

Salt and pepper to taste

Herbs and spices to taste (dill, thyme, oregano, rosemary, chilli flakes etc)

1 tablespoon coconut oil

Cut the Aubergine in 1 cm thick rounds

In a large frying pan, heat the coconut oil and fry the aubergine until golden brown

*you can also drizzle with olive oil and bake in the oven if you prefer

Layer the aubergine, tomato and mozzarella

Mix the olive oil, ACV, salt, pepper and herb and drizzle over the vegetables

Put in the fridge for at least one hour before serving

Enjoy!



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