

Eggplant & Zucchini In Tomato Sauce

Visual Recipe
by DAREBEE

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3 eggplants
3 zucchinis
1 onion
1 cup ~ 7oz ~ 200ml tomato sauce
1 tbsp molasses

2 PORTIONS

LEVEL UP! Add ½ tsp cinnamon, fresh basil and sesame seeds.

INSTRUCTIONS

1. Dice eggplant, zucchini and onion and arrange them on top of a baking tray lined with baking paper. Season for taste.

2. Sprinkle the vegetables with cinnamon, if using, and cover with tomato sauce mixed with molasses. Mix well so all of the vegetables are coated. Preheat the oven to 400°F (200°C). Roast eggplant in the oven for 20 minutes or until it begins to brown.

3. Transfer to a plate.

4. Garnish with fresh basil and sesame seeds. It also goes well with white cheese.

