



Ham-Eggplant Roll Ups Recipe

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| Preparation Time | 10 |
| Cooking Time | 33 |
| Serving Size | 5 |

Ingredients:

- 350 g eggplant
- - water, for sprinkling
- - salt, to taste
- - pepper, to taste
- 1 pouch DEL MONTE Italian Style Spaghetti Sauce (250g)
- 200 g ham, sweet
- 100 g melting cheese, sliced thinly

FOR THE BREADING

- 1 cup all-purpose flour
- 1 pc egg
- 1 cup bread crumbs, Japanese
- 2 cups oil, for deep-frying

FOR THE SAUCE

- 2 Tbsp oil
- 2 Tbsp garlic
- 1/4 cup button mushroom, canned, sliced
- - salt, to taste
- - pepper, to taste

Preparation:

1. Slice each eggplant lengthwise into 4 - 5 pieces. Sprinkle with water then season with salt and pepper to taste.
2. Brush eggplant slices with DEL MONTE Italian Style Spaghetti Sauce. Lay each center of the slice with ham and then cheese slices (2 - 3 slices). Roll and secure end with toothpick.
3. Roll eggplant in flour, dip in egg then coat with breadcrumbs. Deep-fry breaded eggplant until golden brown. Serve with sauce.
4. For the Sauce: Sauté garlic and mushrooms in oil, and add remaining DEL MONTE Italian Style Spaghetti Sauce. Season with salt and pepper to taste. Boil, then cover and simmer for 3 minutes.

Chef's Tip

Excess flour and bread crumbs burn during deep frying. Tap to remove excess flour and crumbs.

Lusog Notes

This dish is rich in vitamin B1 that supports normal growth and helps the body convert food to energy. It is also a source of calcium which helps maintain healthy bones and teeth.

Cooking Skills Needed

- Boiling
- Deep Frying
- Sautéing

Cooking Tools

- Measuring Cups
- Spatula
- Chopping Board
- Measuring Spoon
- Pot
- Tray