



Eggplants topped with cheese and tomato sauce and scrambled zucchini Suitable for celiacs

Ingredients:

Eggplant

1 unit

Mozarella

40 g.

Ham/ York ham

1 slice

Plum tomato

½ unit

Oregano-seasoning

to taste

Onion

1 unit

Zucchini

2 units

Egg

1 unit

Grated cheese

1 tbsp

Salt and Pepper

to taste

Preparation

Peel the eggplant and cut a ½ cm slice along the vegetable.

Place the eggplant portion in one MultiCocción compartments. Add salt and pepper and top with mozzarella and the sliced tomato. Place the peeled and chopped zucchini in 1cm. cubes together with the small cut onion. Add salt and pepper.

Cover the preparation and cook in the microwave at full power for three minutes. Once cooked, uncover and add the egg (previously beaten) and the grated cheese to the zucchini. Stir, cover and cook for another 1 ½ minute at full power. When you remove the preparation from the microwave, sprinkle the eggplant with oregano seasoning.

