

Amazing Eggplant Gratin

Description

This meal is very filling and amazing.

Prep time: Twenty-five minutes

Cook time: Forty-five minutes

Total time: One hour-ten minutes

Servings: 8

Ingredients

- 2 eggplants, thinly sliced
- 2 medium green onions
- 4 garlic cloves
- 1 cup of fresh basil, packed
- 1 5 oz can of coconut cream
- 1/2 cup of mayo
- 1/2 cup of vegetable stock
- 1 teaspoon of salt
- 1/2 teaspoon of pepper
- 1 cup of no sugar added tomato sauce

Instructions

1. First, preheat the oven to about 350 degrees F, then add in salt into some water and soak the egg plant in it for about fifteen minutes. Drain and transfer to a casserole dish. Cover with foil and bake in the oven for about twenty-five minutes.
2. Chop the garlic, green onions, and basil using a food processor. Then add in mayo, coconut cream, salt, vegetable stock, and pepper and blend until smooth.
3. Remove one layer of the eggplant from the casserole dish and pour half of the basil sauce on the remaining layer. Add in spoonful of half the tomato sauce, then add in the remaining egg plant, followed by the basil sauce. Top with the tomato sauce.
4. Transfer to the oven and bake uncovered until the sauce thickens and the edges become golden, about twenty-five minutes