

PLANTAIN LASAGNE WITH RAINBOW SLAW

Yield: 6 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/persian-eggplant-tomato-recipe>

Ingredients:

- 1 tablespoon olive oil
- 6 spring onions finely chopped
- 5 cloves garlic minced
- 1 piece ginger minced
- 1 Scotch bonnet chilli or Red Chilli, de-seeded & chopped small
- 1 yellow pepper deseeded & cubed
- 1 eggplant cubed
- 1 tablespoon fresh thyme leaves
- 2 teaspoons all spice
- 2 teaspoons ground cumin
- 1 teaspoon ground cinnamon
- 1 teaspoon sea salt
- 1 teaspoon cracked black pepper
- 1 package mince Meatless Farm Vegan
- 2 tablespoons tomato puree
- 3 tablespoons soy sauce
- 2 tablespoons maple syrup
- 3 tomatoes Large, sliced fine
- 3 handfuls spinach
- 3 tablespoons vegetable oil
- 6 plantains Ripe, yellow, peeled and sliced length ways about 1/2 cm thick `
- 1 1/2 cups vegan cheese Grated, I recommend Applewoods Vegan Cheese
- 1 handful red cabbage shredded
- 1 carrot peeled & grated
- 1 red onion finely sliced
- 1 handful coriander chopped fine
- 1 tablespoon white wine vinegar
- 2 tablespoons vegan mayo
- 1 pinch sea salt & Pepper

Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 86 grams
3. Fat: 13 grams
4. Fiber: 10 grams
5. Protein: 9 grams
6. SaturatedFat: 2 grams
7. Sodium: 1140 milligrams
8. Sugar: 44 grams

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