



Consejo del chef

Serve with your favourite sauce —we have chosen yoghurt sauce with curry.

Raciones para 2

1/2 Aubergine, medium size

100 gr 1 Piece of cabbage

100 gr Assorted mushrooms to taste

Bunch of fresh parsley

1 Clove of garlic

Salt and pepper

Olive oil

1 First, we will make the filling. Chop the cabbage and mushrooms finely. Stir-fry in a skillet with a dash of oil, salt, and pepper, until tender. Add garlic and parsley, both finely chopped too, cook for five more minutes, and stir to make a paste. Set aside.

2 Cut the aubergine into very thin slices (you can use a mandoline) and cook them on the grill until golden brown.

3 Place a bit of the filling on each aubergine slice and roll them up.

4 Assemble the involtini on a large dish with a bed of spinach and pumpkin seeds.

Chef's Notes

<https://cookinglovers.teka.com/en/receta/involtini-berenjena-rellenos-setas-grill/>

