



COOKING PASSION SINCE 1877



AUBERGINE TOWER

Cooking Method: CircoTherm 180°C for 30 minutes **Prep Time:** 20 minutes **Serves:** 2



INGREDIENTS

- 1 large aubergine
- 2 cloves of garlic
- 1 onion, finely chopped
- 125g fresh cherry tomatoes, chopped
- 2 tbsp olive oil
- Salt and pepper
- 400g chopped tomatoes
- 1 tbsp tomato puree
- 1 tsp mixed herbs
- 1 tsp sugar

100g **vegan cashew cheese sauce:**

- 200g **cashew nuts**, unsalted
- 2 tbsp marmite
- 1 garlic clove, chopped
- 1 tbsp fresh lemon juice
- Salt and pepper
- ½ tsp paprika
- ½ tsp onion powder
- 120ml **almond milk or soya cream**

Allergens highlighted in **bold**.

PREPARATION

1. For the vegan cashew cheese sauce, blitz all the ingredients in a mini processor and slowly add the 120ml of the almond milk or cream and bring it together. Add extra almond milk if needed to thin. This may now be stored in sealed container in fridge for up to 7 days.
2. Heat the oil in a saucepan on the induction hob on level 4. Add the onion and garlic and sweat for a few minutes.
3. Add the chopped fresh tomatoes to the pan and cook for a few minutes. Add the tomato puree, mixed herbs, sugar, salt and pepper, and simmer for 10 minutes.
4. In the meantime, slice the aubergine and season with salt and pepper. Grease an oven proof dish with olive oil and start stacking layers alternately. Place the biggest slice of the aubergine on the base and top with cashew sauce then tomato sauce. Repeat this by adding the next biggest slice of aubergine and topping with the sauces. You should get six layers of aubergine slices. Two towers will fit side by side in the dish.
5. Place in the oven on CircoTherm 180°C for 15 minutes, then reduce the temperature to 160°C for another 15 minutes.
6. Remove from the oven and serve with salad or stir-fry greens.

