

Foodnity Recipes

Eggplant Rollatini With Peanut Sauce

30 min Prep time	**25 min** Cook time	**55 min** Total time
4 Servings	**Medium** Difficulty	**Fusion** Cuisine

Ingredients

Eggplant and Filling

- [ ] 2 medium eggplants, sliced lengthwise into 1/4-inch thick sheets
- [ ] 1 tablespoon olive oil, plus extra for brushing
- [ ] Salt and pepper to taste
- [ ] 1 cup cooked quinoa, cooled
- [ ] 1 cup roasted red peppers, diced
- [ ] 1 cup kale, finely chopped
- [ ] 1/2 cup cooked chickpeas, rinsed
- [ ] 2 cloves garlic, minced
- [ ] 1 teaspoon smoked paprika
- [ ] 1 teaspoon fresh oregano, chopped
- [ ] 1 tablespoon lemon juice
- [ ] 1 tablespoon toasted cashew nuts, chopped
- [ ] 1 cup coconut milk (optional, for creamier filling)

Peanut Sauce

- [ ] 1/4 cup creamy peanut butter
- [ ] 2 tablespoons soy sauce or tamari
- [ ] 1 tablespoon maple syrup
- [ ] 1 tablespoon rice vinegar
- [ ] 1 tablespoon lime juice
- [ ] 1 teaspoon grated fresh ginger
- [ ] 1 small garlic clove, minced
- [ ] 1-2 teaspoons sriracha or fresh chilies, minced
- [ ] Water, as needed to thin sauce

Garnish

- [ ] Fresh cilantro, chopped, for garnish
- [ ] 1 tablespoon sesame seeds, toasted, for garnish
- [ ] Fresh chopped peanuts, for garnish

Instructions

1. So, first things first, let's get those eggplants ready. Slice them lengthwise into 1/4-inch thick sheets. Brush them with a bit of olive oil and a pinch of salt and pepper. Roast them until they're tender—just enough to be pliable for rolling, otherwise, oops, they'll snap on you.

2. While the eggplant is doing its thing, let's make the filling. In a bowl, stir together your 1 cup cooked quinoa, cooled, along with the 1 cup roasted red peppers, diced, 1 cup kale, finely chopped, and 1/2 cup cooked chickpeas, rinsed. Mix in 2 cloves garlic, minced, 1 teaspoon smoked paprika, 1 teaspoon fresh oregano, chopped, and 1 tablespoon lemon juice. For a bit of crunch, fold in 1 tablespoon toasted cashew nuts, chopped. If you like it a bit richer, well, go ahead and stir in 1 cup coconut milk (optional, for creamier filling).

3. Now for the sauce—this is the heart of the dish. Whisk together 1/4 cup creamy peanut butter, 2 tablespoons soy sauce or tamari, 1 tablespoon maple syrup, 1 tablespoon rice vinegar, 1 tablespoon lime juice, 1 teaspoon grated fresh ginger, 1 small garlic clove, minced, and 1-2 teaspoons sriracha or fresh chilies, minced. It might be thick, so just add water, as needed to thin sauce until it's silky smooth.

4. Time to roll! Place a generous spoonful of the quinoa mixture onto each eggplant sheet and roll them up gently. Place them in a baking dish, bake for about 25 minutes until they're warmed through and golden. Once they're out, toss them in that lovely peanut sauce or drizzle it over the top.

5. To finish it off, sprinkle on some fresh cilantro, chopped, 1 tablespoon sesame seeds, toasted, and fresh chopped peanuts. Wow, it looks beautiful.

Nutrition per serving

340 kcal	12 g	28 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- Be careful not to over-roast the eggplant sheets initially or they will tear when rolling.
- The coconut milk is optional but honestly makes the filling feel much more indulgent.
- You can adjust the sriracha based on how much heat your family likes.