

Chargrilled Eggplant and Zucchini



0 kcal

Serving 1

0 Mins

Ingredients

1 tbsp Apple Cider Vinegar

30 g Cheese (Feta)

40 g Eggplant (sliced thinly lengthways)

1 tbsp Flaxseed Oil

30 g Green Beans

1 tsp Olive Oil

60 g Zucchini (sliced thinly lengthways)

Instructions

1. Preheat barbeque grill. Rub eggplant and zucchini with olive oil. Cook a few minutes each side until tender and golden. Arrange eggplant and zucchini on a plate, and set aside to cool.
2. Cook beans in a saucepan of boiling water for 2 minutes or until bright green and tender. Drain and arrange over eggplant and zucchini.
3. Top with crumbled feta cheese and drizzle over oil and vinegar.

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★★★★★ (0)

Calories 0 kcal

Protein Serves 1.00

Carbohydrate 4 grams

Cholesterol 0 milligrams

Fat 0 grams

Fiber 0 grams

Protein 0 grams