



# Aubergine Piadina

*Perfect fresh and healthy sandwich for lunch and a must for all garlic lovers.*

*Piadina is the Italian version of flat bread, baked with olive oil. It is very popular in Italy as a sandwich. You can fill it with whatever you like (for example with our Spinach-artichoke filling from this recipe). This time we decided to fill it with grilled aubergine and cabbage and loads of garlic.*

## Ingredients

- 1 medium size aubergine
  - 2 garlic cloves
  - 3 tablespoons of olive oil
  - 1 tablespoon Aceto Balsamico
  - 1 teaspoon herb salt
  - ½ teaspoon black pepper
  - cayenne pepper at taste
  - 1 teaspoon Italian herbs (dried)
  - 2 handful of shredded cabbage (depending on the size of the cabbage this is approx. ½ small cabbage)
  - 3 tablespoons vegan mayonnaise
  - 2 tablespoons freshly squeezed lemon juice
  - ½ teaspoon whole grain mustard
  - 1 garlic clove
  - herb salt
  - black pepper
  - a bit water to dilute the dressing
  - 1 tomato
- vegan Piadina – an Italian flat bread or any other wrap bread

## Instructions

### The aubergine:

- Cut the aubergine in thin slices. Crush the garlic. Mix it with the olive oil, Aceto balsamico, herb salt, pepper, cayenne and Italian herbs.
- Put the aubergine slices in a bowl, pour the marinade over the slices and mix it very well, so that all slices are nicely covered with the marinade. Let it marinate for at least 1 hour.
- Spread the aubergine slices on a baking tray with baking paper. Turn on the grill function (highest temperature) in your oven and let the aubergine grill until the slices are tender (approx. 4-5 minutes).

### The cabbage:

- Clean the cabbage and shred it with a big knife into strips. Mix the mayonnaise with the lemon juice, mustard, garlic, salt and pepper. Add a bit of water to dilute, depending on how solid your mayonnaise is. It should be a liquid, running dressing.
- Put half of the dressing aside.
- Mix the shredded cabbage in a large bowl with the second half.
- Slice the tomato thinly.

### The bread:

- Warm the piadina either in an oven for 3 minutes or in a oil free frying pan for two minutes.
- Prepare the wrap as soon as the flatbread comes out of the oven – it will be smooth and soft enough to do so. A few minutes later it'll become too crusty.
- Spread the left-over dressing evenly onto the flatbread. Place some shredded cabbage on one half of the flat bread, cover it with aubergine and tomato slices, and end with some more shredded cabbage.
- Fold the second half of the piadina over the filling and gently apply pressure on it to bring it to shape.
- If wished (it is easier to eat) – cut the piadina in halves. Serve hot or cold.