

Meat stuffed Eggplant Rollatini

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Meat stuffed eggplant rollatini or Involtini di Melanzane are delicious. They are made with thinly sliced eggplant that is pre-baked before being filled with an easy meatball mixture. Then they are rolled up laid on a bed of my easy marinara sauce and baked. If you don't like eggplant, I have to tell you my Husband, Joe does not like eggplant either. Yet, he ate a plate -full of eggplant rollatini. With delicious layers of baked eggplant and savory ground beef in a garlicky tomato sauce- this Italian baked eggplant dish tastes like a restaurant quality meal.

This recipe is a little different than the traditional Italian method. Instead of coating the eggplant with flour and pan-frying before rolling then up and baking, the eggplant slices are baked rather than fried without any flour. The results are delicious and may surprise some used to the traditional way.

Things to know about this meat stuffed eggplant rollatini recipe

The number one question about this meat stuffed eggplant rollatini recipe is : To peel or not to peel the eggplant? That is a personal preference, but if the eggplants are large the skin is usually tougher than the the skin of smaller eggplants and should be peeled. If you prefer you can zebra peel them like I did in this recipe.

To make this recipe more manage the prep can be done in steps or even a day ahead of time. You can make my easy marinara

sauce and the filling mixture the day before and keep covered in the fridge until your ready to assemble the eggplant rolls. The eggplant can even be baked ahead of time. With a prep plan in place this meat stuffed eggplant rollatini recipe can be on your table in not time.

Ingredients

- 2 medium eggplants peeled and sliced thin vertically
- 1 Lb. lean ground beef
- 1 cup bread crumbs
- 1/2 cup grated parmesan cheese
- 1 egg
- 1/2 cup chopped Italian parsley
- Salt and pepper to taste
- 4 cups my easy marinara sauce

Instructions

1. Preheat your oven to 375 degrees
2. Prepare The eggplant: Start by peeling the eggplant, then slice thin on the long side. Sprinkle with salt and let sit in a colander weighted down to extract the bitter liquid. Pat dry drizzle with olive oil and bake on a baking sheet for 10-15 minutes or until soft .
3. Prepare the filling: in a bowl mix the ground beef, breadcrumbs, parmesan, egg and the parsley salt and pepper to taste and mix until well combined.
4. Assemble the Eggplant rollatini: Place a tablespoon of the filling in the center of each eggplant slice. Roll them up jelly roll style. Line an oven proof casserole dish with 2 cups of my easy marinara, stand the eggplant rolls in the casserole dish, then top with the remaining marinara. Top with grated parmesan and bake for 30-35 minutes or until the filling is cooked through.
5. To serve: Line a dinner plate with marinara sauce stand

the eggplant rolls on top of the sauce , top with additional sauce and Italian parsley. ENJOY!!!!