

Vegetarian Tarts

蔬菜餡餅

Makes 12 十二件份量

Ingredients: 材料:

Mountain Bread™	3 sheets塊
Parmesan cheese巴馬芝士	½ cup半杯
Large eggplant 大茄子	1 each個
Salt 鹽	A pinch少許
Olive oil 橄欖油	2 tbsp湯匙
Medium onion (diced) 中等大小的洋蔥(切塊)	1 each個
Garlic (sliced finely) 大蒜(切碎)	2 cloves 瓣
Brown sugar黃糖	1 tbsp湯匙
Tomatoes(diced) 蕃茄(切塊)	½ cup杯



Method 烹調方法:

- 1 Pre-heat oven to 180°C.
預熱焗爐至180°C。
- 2 Dice eggplant into squares. Place in a tray and sprinkle with salt, rubbing thoroughly through the eggplant and leave for 20 minutes.
將茄子切成方塊，撒上鹽並均勻地混合，待20分鐘備用。
- 3 Heat oil in pan and cook onion for 2-3 minutes. Add garlic, eggplant and sugar and cook for a further 2-3 minutes, then add the tomatoes. Stir through and season well.
於平底鑊內加油，待油熱加入洋蔥，煮2-3分鐘。再加入大蒜，茄子塊和糖再煮2-3分鐘，最後加入蕃茄，攪拌及調味。
- 4 Cut Mountain Bread™ sheets into 4 equal squares. Press into muffin tins and add filling to the very top. Sprinkle with parmesan cheese and bake for 10 minutes.
將每塊Mountain Bread™切成四等份，壓入鬆餅模並加入準備好的餡料。撒上巴馬芝士，再烤10分鐘即可品嚐。

Try these 還有更多煮意

These are many uses of this fabulous wrap ranging from savoury to sweet. Add your favourite ingredients, a delicious snack is ready in minutes!

這款薄餅咸甜皆宜。把你喜愛的配料包在薄餅裡，不用數分鐘，就能做出一頓美味的小食。



Blueberry Mille Feuille 藍莓薄餅



Steak and Rocket Sandwich 火箭菜牛肉三文治

