



Melanzane Involtini

Serves 2

1 eggplant

1 small bag or 250gm of rocket or favourite lettuce

1 x250gm ricotta

1 x small bunch of basil

250gm of favourite smoked pork. Nicola has used pancetta but you can use prosciutto or bacon all available from your local supermarket.

1 x diced tomato

Napoli sauce:

Place 1 x 400 gm can crushed tomatoes in a saucepan, 2 tablespoons of sugar and a teaspoon of salt, ¼ teaspoon of pepper, 1 tablespoon of crushed garlic and simmer for 30 minutes, stir occasionally.

This can be prepared and left in the fridge for 3 days.