THE LIGHTER PLATE METHOD

Roasted Aubergine & Courgette Chips

Salting draws the moisture out first, so these come out properly caramelised, not steamed.

PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
25 min	**20 min**	**45 min**	**4**	**EASY**

Ingredients

- 1 courgette (peeled, cut into 5mm slices)
- 50 g aubergine (cut into 5mm slices)
- 1 tsp sea salt
- 2 tbsp olive oil

Method

1. Salt the courgette and aubergine slices and leave to rest for 20 minutes.
2. Rinse well, drain and pat completely dry with kitchen paper.
3. Heat the oven to 200°C (fan 180°C). Toss the slices with the olive oil and a little more salt and pepper.
4. Arrange on a baking sheet without overlapping and roast until golden and crisp at the edges.

Tips & swaps

- Don't skip the salting step — it's what stops these turning soggy.

Storage & reheating

Best eaten fresh.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
90	**1g**	**5g**	**7g**	**2g**

Estimated values, for guidance only.