



chicken & lemongrass on parade

Preparation time: 20 minutes

Cooking time: 5 minutes

Serves: 2

Ingredients:

Canola oil

1/2 eggplant, cut into 5mm-thick slices

1 zucchini, cut into 5mm-thick slices

1 red capsicum, cut into eighths, core and seeds removed

2 tablespoons low-fat mayonnaise

1 tablespoon tomato chutney

1 crusty baguette

Couple of lettuce leaves

30 g feta cheese

Method:

1. Lightly brush the vegetables with canola oil. On a ribbed grill plate, grill the vegetables evenly on both sides until tender but not mushy. Lay on a cooling rack as vegetables come off the grill plate.
2. Mix the mayonnaise and tomato chutney together in a bowl. Cut baguette lengthways but not all the way through. Place a layer of lettuce along the baguette. Spread a thin layer of tomato mayo over the lettuce. This will stop the baguette from going soggy.
3. Place thin layers of eggplant, zucchini and red capsicum along the baguette. Crumble over the feta cheese and close up. Cut in half and wrap in parchment paper to hold shape. Don't

wrap in plastic wrap as it will cause the baguette to become soft and lose its crunch.

Nutritional analysis (per serve):

energy 718kj, fat 7.17g, protein 5.68g, carb 19.5g, fibre 2.9g