

# Low-Carb Baked Badrijani

Hands-on 20 minutes Overall 40 minutes

**Nutritional values (per serving, 4 rolls):** Total carbs: 10.1 g, Fiber: 4.4 g, **Net carbs: 5.7 g**,

Protein: 4 g, Fat: 32.8 g, Calories: 334 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app



## Ingredients (makes 4 servings, 16 rolls)

### Eggplants:

2 large aubergines (eggplants) (350 g/ 12.3 oz)

1/4 cup extra virgin olive oil (60 ml/ 2 fl oz)

pinch of sea salt or pink Himalayan salt

### Garlic-Walnut Filling:

3/4 cup of walnuts (75 g/ 2.6 oz)

2 cloves garlic (or one large)

1/2 tsp apple cider vinegar

1 tsp ground coriander

1/8 tsp fenugreek

salt and pepper to taste

2 tbsp extra virgin olive oil (30 ml/ 1 fl oz)

1/3 cup water (80 ml/ 2.7 fl oz)

juice from 1/2 lemon

### To Serve:

1 tbsp freshly chopped cilantro

1/4 cup fresh pomegranate seeds (22 g/ 0.8 oz)

## Instructions

1. Preheat the oven to 190 °C/ 375 °F (fan assisted). Make sure your aubergines are fresh and firm. Remove the stalks and using a mandolin or by hand slice the aubergines into slices, lengthways, about 1/2 cm (1/4 inch) thick.
2. Using a silicone or pastry brush, coat both sides of the aubergine with olive oil and place on a greaseproof lined baking tray. Bake in the oven for 20 minutes until soft, able to roll but not too mushy. Flip after 10 minutes for even cooking.
3. Meanwhile, place all the walnut mix ingredients in a high speed food processor and mix until smooth. This can be made up to a day

in advance.

4. Once the aubergines are cooked, remove from the oven and allow to cool slightly. Spread approximately 1 teaspoon of walnut paste per slice on the aubergine, sprinkle with a few pomegranate seeds and a pinch of fresh cilantro. Roll. Top with left over pomegranate seeds and cilantro.

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