



AUBERGINE PARMiGiANA

WHAT YOU NEED

- 1 x aubergine
- 1 x onion
- 1 x clove of garlic
- 1 x tin of tomatoes
- 1 teaspoon dried oregano
- 1 cup grated parmesan
- 1 cup dried breadcrumbs
- Fresh basil, thyme, or oregano
- Salt and pepper



HOW TO MAKE IT

Cut the aubergine into about 1cm thick slices. Heat a frying pan, add 2 tablespoons of olive oil. Chop the onion and garlic and add to pan. Cook over a low heat for about 10 minutes. Add the chopped tomatoes and dried oregano. Stir and simmer for about 15 minutes and season with salt and pepper. Meanwhile grill the aubergine slices until lightly browned. Spoon a layer of tomato sauce into a baking dish, scatter over a fine layer of grated parmesan and then arrange a single layer of aubergine slices on top. Repeat until everything is used, finishing with a layer of tomato sauce and the breadcrumbs. Drizzle with olive oil and bake in the oven for 30 minutes at 190 °C.

TIP 😊

If you like more cheese, add buffalo mozzarella to the topping. Great for batch cooking for the freezer. Delicious with green salad, or green beans.

