



Aubergine Parmigiana

with crunchy croutons and melted mozzarella

Veggie 45-50 mins • Eat me first • Mum loves

7



Brioche Buns



Onion



Garlic



Basil



Italian Herbs



Chopped Tomatoes



Passata



Mozzarella



Aubergine



Grated Italian Style Hard Cheese



Balsamic Vinegar

Pantry Items: Oil, Flour, Salt, Pepper, Sugar

Before you start

Our fruit, veg and herbs need a wash before you use them!

Cooking tools you will need

Grater, Oven Dish, Colander

Ingredients

	2P	4P
Brioche Buns	2 units	4 units
Onion	1 unit	2 units
Garlic	1 unit	2 units
Basil	10 g	20 g
Italian Herbs	½ sachet	1 sachet
Chopped Tomatoes	1 pack	2 packs
Passata	1 pack	2 packs
Mozzarella	125 g	250 g
Aubergine	1 unit	2 units
Grated Italian Style Hard Cheese	25 g	50 g
Balsamic Vinegar	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	617 g	100 g
Energy (kJ/kcal)	2327.1 kJ/ 556.2 kcal	377.2 kJ/ 90.1 kcal
Fat (g)	22.3 g	3.6 g
Sat. Fat (g)	11.9 g	1.9 g
Carbohydrate (g)	64.4 g	10.4 g
Sugars (g)	25.9 g	4.2 g
Protein (g)	26.8 g	4.3 g
Salt (g)	2.8 g	0.5 g

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

Thumbs up or thumbs down?
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Prep the Veg

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Cut the **aubergine** lengthways into ½ cm thick slices. Sprinkle the slices generously with **salt** on both sides and place in a colander. Let the **salt** soak in.
- Halve, peel and chop the **onion** into small pieces.
- Peel and grate the **garlic** (or use a garlic press).
- Roughly tear the **basil** leaves.



Cook the Aubergine

- Place a large pan over high heat with a drizzle of **oil**.
- Fry **half** the **aubergine** slices until golden brown, 4-6 mins. Turn over halfway through.
- Remove from the pan and drain on kitchen paper.
- Repeat the same method with the remaining **aubergine** slices.
- Tear the **mozzarella** into small pieces.



Start Your Sauce

- In a large bowl, mix together the **garlic**, **onion**, **balsamic vinegar**, **chopped tomato**, **passata**, **half** the dried **Italian herbs** (double for 4p) and **half** the **basil**.
- Add ½ tsp **sugar** (double for 4p). Season well with **salt** and **pepper**.
- Roughly tear the **bricchoe buns** into 2cm chunks.
- Add the torn **bricchoe** to a bowl with 1 tbsp **oil** (double for 4p). Season with a pinch of **salt** and **pepper**.



Assemble Your Dish

- Cover the base of an oven dish with a little **tomato** sauce.
- Place one-third of the **aubergine** slices on top and spoon over one-third of the **tomato** sauce. Sprinkle with one-third of the grated **cheese** and one-third of the **mozzarella**.
- Repeat with the remaining **aubergine**, **tomato** sauce, **mozzarella** and grated **cheese**.
- Spread the croutons over the top and bake in the oven for 10-15 mins.



Coat the Aubergine

- Spread 4 tbsp **flour** (double for 4p) over a large plate along with a pinch of **salt** and **pepper**.
- Pat the **aubergine** slices well with kitchen paper and scrape off the **salt**.
- Coat the slices in the **flour**.



Garnish and Serve

- Divide the **aubergine** parmigiana between plates.
- Garnish with the remaining **basil**.

Enjoy!