



Aubergine Parmigiana

with crunchy croutons and melted mozzarella

Veggie 45-50 mins • Eat me first

7



Baguette



Onion



Garlic



Parsley



Italian Herbs



Chopped Tomatoes



Passata



Mozzarella



Grated Italian Style Hard Cheese



Balsamic Vinegar



Aubergine

Pantry Items: Oil, Salt, Pepper, Sugar

Before you start

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

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Colander, grater, oven dish, pot with lid

Ingredients

	2P	4P
Baguette	2 units	4 units
Onion	1 unit	2 units
Garlic	1 unit	2 units
Parsley	5 g	10 g
Italian Herbs	½ sachet	1 sachet
Chopped Tomatoes	1 pack	2 packs
Passata	1 pack	2 packs
Mozzarella	125 g	250 g
Grated Italian Style Hard Cheese	25 g	50 g
Balsamic Vinegar	1 sachet	2 sachets
Aubergine	1 units	2 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	682 g	100 g
Energy (kJ/kcal)	2870.2 kJ/ 686 kcal	420.9 kJ/ 100.6 kcal
Fat (g)	20.2 g	3 g
Sat. Fat (g)	11.6 g	1.7 g
Carbohydrate (g)	94.9 g	13.9 g
Sugars (g)	23.5 g	3.4 g
Protein (g)	32.8 g	4.8 g
Salt (g)	3.7 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 chop the **parsley**.



Cook the Aubergine

- Place a large pan over high heat with a drizzle of **oil**.
- Fry the **aubergine** slices (in batches) until golden brown, 4-6 mins. Turn halfway through.
- Remove from the pan and place on kitchen paper to drain.
- Repeat the same method with the remaining **aubergine** slices.



Start Your Sauce

- Place a pot over medium-high heat with a drizzle of **oil**.
- Add the **onion**, **garlic** and **half** the **Italian herbs** (double for 4p) and fry until softened, stirring occasionally, 4-5 mins.
- Deglaze with the **balsamic vinegar**, **chopped tomatoes** and **passata**.
- Add **half** the **parsley**, season with **salt**, **pepper** and ½ tsp **sugar** (double for 4p).
- Cover and simmer for 10-12 mins.



Assemble Your Dish

- Coat the base of an oven dish with **tomato** sauce.
- Add one-third of the **aubergine** slices on top. Spoon over one-third of the **tomato** sauce. Sprinkle on one-third of the grated **cheese** and one-third of the **mozzarella**.
- Repeat with remaining **aubergine**, **tomato** sauce, **mozzarella** and grated **cheese**.
- Scatter croutons over and bake in the oven, 10-15 mins.
- When 5 mins of cooking time remain, pop remaining **baguette** into the oven to warm through, 2-3 mins.



Make the Croutons

- Meanwhile, tear or cut the **mozzarella** into small pieces.
- Roughly cut **half** the **baguettes** into 2cm chunks to make your croutons.
- Pat the **aubergine** slices well with kitchen paper and scrape off the **salt**.



Garnish and Serve

- Divide the **aubergine** parmigiana between plates.
- Halve the warmed **baguette** and serve alongside.
- Garnish with the remaining **parsley**.

Enjoy!