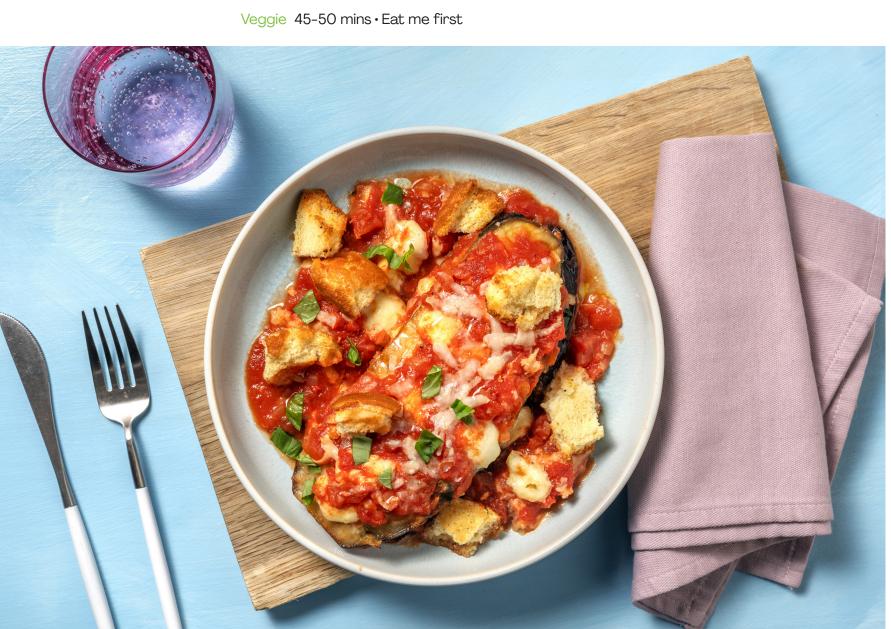


# Aubergine Parmigiana with crunchy croutons and melted mozzarella

















Italian Herbs

**Chopped Tomatoes** 









Grated Italian Style Hard Cheese

Balsamic Vinegar



Aubergine

## 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

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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.



#### 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.



#### 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**.



## 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.



### 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.



## Garnish and Serve

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

## Enjou!