



Aubergine Parmigiana

Ingredients - Serves 4-6

2 tbsp Olive oil - plus extra for brushing
2 x garlic cloves crushed
1 x 400g can chopped tomatoes
2 tbsp red wine vinegar
1 tbsp castor sugar
2 x aubergines, sliced lengthways as thin as possible
50g parmesan grated
50g breadcrumbs
1 x mozzarella ball, torn in to small chunks
Handful of fresh basil.

Method

- Preheat oven to 180°C
- Heat the oil in a medium saucepan, add the garlic cook gently for 2-3mins to soften. Add the sugar and vinegar and bring to the boil. Then tip in the tomatoes simmer gently for 20mins until the sauce has thickened a little.
- Meanwhile heat a frying pan. Brush the aubergine slices with olive oil, then fry in batches on both sides, you want each side to be lightly coloured, once cooked remove to a plate and keep going until all the aubergine is cooked.
- Mix the parmesan and breadcrumbs.
- In a cooking tin or casserole dish, spread a little of the tomato sauce over the base, top the sauce with a layer of aubergine, season with salt and pepper. Scatter over a little of the parmesan mix, basil and some of the mozzarella. Repeat this process until the aubergines are gone, finish with a layer of tomato sauce, scatter over a final sprinkle of the parmesan mix.
- Bake in the pre heated oven for 30-40mins, the crust should be golden brown and the tomato bubbling around the edge.
- Very nice served with homemade focaccia bread, check out my YouTube channel for a tutorial on focaccia.....

Dan x