



# UCOOK

## Awesome Aubergine Parm

with an artichoke salad & pesto

The best aubergine parm you will ever taste has arrived! Aubergine gets a delicious crispy breadcrumb coating before being smothered in a rich tomato sauce and melty mozzarella. It is served with an artichoke salad and fragrant basil pesto. This dish is the ultimate definition of comfort food!

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**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person

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**Chef:** Ella Nasser

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 Veggie

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 Strandveld | Skaamgesiggie MCC Brut Rosé

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## Ingredients & Prep

105ml	Italian Crumb <i>(65ml Panko Breadcrumbs, 30ml Cake Flour &amp; 10ml NOMU Italian Rub)</i>
50ml	Grated Italian-style Hard Cheese
250g	Aubergine <i>rinsed, trimmed &amp; sliced into 1cm rounds</i>
100g	Cooked Chopped Tomato
1	Garlic Clove <i>peeled &amp; grated</i>
50g	Grated Mozzarella
20g	Salad Leaves <i>rinsed &amp; roughly shredded</i>
4g	Fresh Oregano <i>rinsed, picked &amp; roughly chopped</i>
50g	Artichoke Hearts <i>drained &amp; quartered</i>
20ml	Pesto Princess Basil Pesto

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel  
Egg/s

**1. OH CRUMBS!** Preheat the oven to 200°C. Whisk 1 egg in a shallow dish with a splash of water. Prepare a second shallow dish containing the Italian Crumb, ½ the grated Italian-style cheese, and seasoning. Mix until fully combined. Coat the aubergine rounds in the egg mixture, and then in the crumb. When passing through the crumb, press it into the slices so it sticks. Set aside. In a bowl, combine the cooked chopped tomato, the grated garlic (to taste), and seasoning.

**2. GOLDEN AUBS** Place a pan over a medium-high heat with enough oil to cover the base. When hot, add the crumbed aubergine and fry for 2-3 minutes per side until golden. Drain on paper towel.

**3. GET BAKING** Place the fried and crumbed aubergine on a greased baking tray. Top with the garlicky cooked chopped tomato, 20ml of water, the grated mozzarella, and the remaining Italian-style cheese. Bake for 10-12 minutes or until the cheese is melted, and the aubergine is cooked through.

**4. ARTICHOKE SALAD** In a bowl, combine the rinsed salad leaves, ½ the chopped oregano, the artichoke quarters, a drizzle of oil, and seasoning.

**5. THIS PARM CAN DO NO WRONG!** Plate up the aubergine parm. Dollop over the pesto and sprinkle with the remaining oregano. Serve the salad on the side. Dig in, Chef!



## Chef's Tip

Air fryer method: Pop a piece of tinfoil in the air fryer. Add the fried aubergine topped with the sauce, the grated mozzarella, and the remaining Italian-style cheese. Cook at 200°C for 6-8 minutes.

## Nutritional Information

Per 100g

Energy	518kj
Energy	124kcal
Protein	5.8g
Carbs	14g
of which sugars	3.1g
Fibre	2.7g
Fat	5.5g
of which saturated	2.2g
Sodium	233mg

## Allergens

Egg, Gluten, Dairy, Allium, Wheat,  
Sulphites, Tree Nuts

Cook  
within  
4 Days