



UCOOK

Vegetarian Aubergine Parmigiana

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!

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Ella Nasser

Fan Faves

Waterford Estate | Waterford Chardonnay

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Ingredients & Prep

100ml	Italian Crumb <i>(60ml Panko Breadcrumbs, 30ml Cake Flour & 10ml NOMU Italian Rub)</i>
40ml	Grated Italian-style Hard Cheese
250g	Aubergine <i>rinsed, trimmed & sliced into 1cm rounds</i>
100g	Cooked Chopped Tomato
1	Garlic clove <i>peeled & grated</i>
50g	Grated Mozzarella Cheese
20g	Salad Leaves <i>rinsed & roughly shredded</i>
3g	Fresh Oregano <i>rinsed, picked & roughly chopped</i>
50g	Artichoke Hearts <i>drained & 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. In a second shallow dish, combine the Italian crumb, ½ the grated Italian-style cheese, and seasoning. Coat the aubergine rounds in the egg mixture, and then in the crumb. Press the crumb into the aubergine so that it sticks. Set aside.

2. TOMATO SAUCE In a bowl, combine the cooked chopped tomato, the grated garlic (to taste), and seasoning.

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

4. GET BAKING Place the fried 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 in the hot oven until the cheese is melted, and the aubergine is cooked through, 10-12 minutes.

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

6. 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	443kJ
Energy	106kcal
Protein	4.9g
Carbs	11g
of which sugars	3.1g
Fibre	2.4g
Fat	5g
of which saturated	2g
Sodium	196mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites,
Cow's Milk

Eat
Within
3 Days