

COOK

Aubergine Parmigiana

with an artichoke salad & pesto

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Veggie: Serves 3 & 4

Chef: Ella Nasser

Wine Pairing: Waterford Estate | Waterford Chardonnay

Nutritional Info	Per 100g	Per Portion
Energy	450kJ	2437kJ
Energy	108kcal	583kcal
Protein	5g	27.1g
Carbs	11g	61g
of which sugars	3.2g	17.4g
Fibre	2.4g	13.3g
Fat	5g	26.8g
of which saturated	2g	11g
Sodium	218mg	1183mg

Allergens: Sulphites, Egg, Gluten, Tree Nuts, Wheat, Cow's Milk, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300ml	400ml	Italian Crumb *(180ml [240ml] Panko Breadcrumbs, 90ml [120ml] Flour & 20ml [40ml] NOMU Rub)*
125ml	160ml	Grated Italian-style Hard Cheese
750g	1kg	Aubergine *rinse, trim & slice into 1cm rounds*
300g	400g	Cooked Chopped Tomato
2	2	Garlic Cloves *peel & grate*
150g	200g	Grated Mozzarella Cheese
60g	80g	Salad Leaves *rinse & roughly shred*
8g	10g	Fresh Oregano *rinse, pick & roughly chop*
90g	120g	Artichoke Quarters *drain & cut into quarters*
60ml	80ml	Pesto Princess Basil Pesto

From Your Kitchen

Oil (cooking, olive OR coconut)
Seasoning (Salt & Pepper)
Egg/s
Paper Towel
Water
Tinfoil (optional)

1. OH CRUMBS! Preheat the oven to 200°C. Whisk 2 eggs in a shallow dish with a splash of water. In a second shallow dish, combine the Italian crumb, ½ the Italian-style cheese, and seasoning. Coat the aubergine 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 garlic (to taste), 300ml [400ml] of water, and seasoning.

3. GOLDEN AUBS Place a pan over medium-high heat with enough oil to cover the base. When hot, fry the aubergine until golden, 2-3 minutes per side. You may need to do this step in batches. Drain on paper towel.

4. GET BAKING Place the fried aubergine on a greased baking tray. Top with the tomato sauce, the mozzarella, and the remaining Italian-style cheese. Bake in the hot oven until the cheese is melted, and the aubergine is cooked through, 12-15 minutes. Alternatively, pop a piece of tinfoil in the air fryer. Add the aubergine topped with the sauce, the mozzarella, and the remaining Italian-style cheese. Cook at 200°C for 8-10 minutes.

5. ARTICHOKE SALAD In a bowl, combine the salad leaves, ½ the oregano, the artichokes, 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!