



# 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!

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**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

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**Serves:** 2 People

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**Chef:** Ella Nasser

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Fan Faves

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Waterford Estate | Waterford Chardonnay

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## Ingredients & Prep

200ml	Italian Crumb <i>(120ml Panko Breadcrumbs, 60ml Cake Flour &amp; 20ml NOMU Italian Rub)</i>
80ml	Grated Italian-style Hard Cheese
500g	Aubergine <i>rinsed, trimmed &amp; sliced into 1cm rounds</i>
200g	Cooked Chopped Tomato
2	Garlic cloves <i>peeled &amp; grated</i>
100g	Grated Mozzarella Cheese
40g	Salad Leaves <i>rinsed &amp; roughly shredded</i>
5g	Fresh Oregano <i>rinsed, picked &amp; roughly chopped</i>
100g	Artichoke Hearts <i>drained &amp; quartered</i>
40ml	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, 40ml 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