



UCOOK

Vegetarian Aubergine Parmigiana

with an artichoke salad & pesto

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Fan Faves: Serves 1 & 2

Chef: Ella Nasser

Wine Pairing: Painted Wolf Wines | The Den Cabernet Sauvignon

Nutritional Info	Per 100g	Per Portion
Energy	440kJ	2470kJ
Energy	105kcal	591kcal
Protein	4.9g	27.4g
Carbs	11g	62g
of which sugars	3.1g	17.7g
Fibre	2.5g	13.9g
Fat	4.8g	26.9g
of which saturated	2g	11g
Sodium	222mg	1249mg

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

Spice Level: None

Ingredients & Prep Actions:

Serves 1	Serves 2	
100ml	200ml	Italian Crumb (60ml [120ml] Panko Breadcrumbs, 30ml [60ml] Cake Flour & 10ml [20ml] NOMU Italian Rub)
40ml	80ml	Grated Italian-style Hard Cheese
250g	500g	Aubergine rinse, trim & slice into 1cm rounds
100g	200g	Cooked Chopped Tomato
1	2	Garlic Clove/s peel & grate
50g	100g	Grated Mozzarella Cheese
20g	40g	Salad Leaves rinse & roughly shred
3g	5g	Fresh Oregano rinse, pick & roughly chop
50g	100g	Artichoke Quarters drain & cut into quarters
20ml	40ml	Pesto Princess Basil Pesto

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Paper Towel

Egg/s

Seasoning (salt & pepper)

Tinfoil (optional)

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, 1/2 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), 100ml [200ml] 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. 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, 10-12 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 6-8 minutes.

5. ARTICHOKE SALAD In a bowl, combine the salad leaves, 1/2 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!