

# Eggplant Parmigiana



## Method

1. Pre-heat oven to 200 degrees Celsius.
2. Brush both sides of the eggplant with oil and place on a baking tray. Bake until undersides are golden brown (10 -15 minutes), then turn and bake until other side is lightly browned. Set aside.
3. In a large saucepan over medium heat, heat 1 tablespoon of olive oil and add onion. Sauté until the onion is soft. Add garlic, dried oregano and sauté for another minute.
4. Add crushed tomatoes, reduce the heat to a simmer and cook for 15 – 20 minutes.
5. Add salt and pepper to the tomato mix to taste.
6. Spoon a small amount of tomato sauce, a scattering of cheese and a single layer of eggplant in the baking dish. Repeat the layering until all of the ingredients are used ending with a little sauce and sprinkling of cheese.
7. In a small bowl, combine bread crumbs and oregano and 1 teaspoon of olive oil. Sprinkle on top.
8. Bake in 180 degrees Celsius oven until eggplant mixture is bubbly and centre is hot (30-40 minutes) depending on the size of the pan and thickness of layers.

**A SUMMER FAVOURITE. WHEN EGGPLANT AND TOMATO ARE ABUNDANT THIS RECIPE IS A MUST.**

**PREP. TIME** 30 mins

**COOKING TIME** 30-40 mins

**SERVES** 4

## INGREDIENTS

3 medium to large eggplants, cut into 1 cm slices  
1 large onion, finely chopped  
2 garlic cloves, thinly sliced  
1 ½ teaspoons of dried oregano  
Olive oil for brushing eggplant  
1 x 440 gram can of crushed tomato  
½ cup of basil leaves  
½ cup dry bread crumbs  
½ cup of freshly grated parmigiana cheese or any cheese that you have  
1 tablespoon of chopped fresh oregano leaves

## EQUIPMENT

Cooking brush  
Baking tray  
Saucepan or solid bottomed pot with lid  
Small baking dish with high sides





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## Tips

This dish freezes well. It can easily be cut into portions and frozen for later meals.

Using a brush to put the oil on the eggplant before baking is preferable to drizzling the oil. Eggplant soaks up moisture so this prevents you from having a dish that is soaked in oil.

## Fun Facts

The word parmigiana simply means a dish cooked with parmigiana cheese.

Eggplant parmigiana is the original Italian recipe. It came from the South of Italy where eggplant is widely grown. The chicken parmigiana was a version of this created in the United states.

