



Aubergine Parmigiana

with warmed baguette and melted mozzarella

Family Veggie 40-45 mins • Eat me first

9



Baguette



Onion



Garlic



Italian Herbs



Chopped Tomatoes



Passata



Mozzarella



Aubergine



Grated Italian Style Hard Cheese



Balsamic Vinegar



Parsley

Pantry Items: Oil, Salt, Pepper, Sugar

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Grater, oven dish, pot with lid

Ingredients

	2P	4P
Baguette	2 units	4 units
Onion	1 unit	2 units
Garlic	2 units	4 units
Italian Herbs	½ sachet	1 sachet
Chopped Tomatoes	1 pack	2 packs
Passata	1 pack	2 packs
Mozzarella	125 g	250 g
Aubergine	2 units	4 units
Grated Italian Style Hard Cheese	25 g	50 g
Balsamic Vinegar	1 sachet	2 sachets
Parsley	5 g	10 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	794.5 g	100 g
Energy (kJ/kcal)	2996 kJ/ 716 kcal	377 kJ/ 90 kcal
Fat (g)	20.2 g	3 g
Sat. Fat (g)	11.6 g	1.7 g
Carbohydrate (g)	102.3 g	12.9 g
Sugars (g)	26 g	3.5 g
Protein (g)	33.8 g	4.8 g
Salt (g)	3.7 g	0.5 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

Thumbs up or thumbs down?
Head online or use the app to rate this recipe.



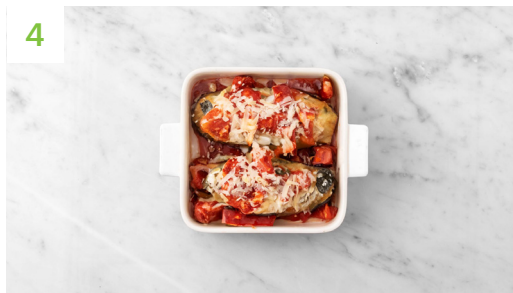
You can recycle me!



Roast the Aubergine

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Cut the **aubergine** lengthways into ½ cm thick slices.
- Pop the **aubergine** onto a lined baking tray.
- Drizzle well with **oil**, season with **salt** and **pepper**. Spread out in a single layer.
- When the oven is hot, roast on the top shelf until soft and golden, 18-20 mins. Turn halfway through.

TIP: Use two baking trays if necessary.



Assemble Your Dish

- Coat the base of an oven dish with your **tomato sauce**.
- Add one-third of the **aubergine** slices on top. Spoon over one-third of the **tomato sauce**. Sprinkle on one-third of the **grated cheese** and one-third of the **mozzarella**.
- Continue layering as above with remaining **aubergine, tomato sauce, mozzarella** and **grated cheese** until you've used all the ingredients.
- Bake in the oven until the **cheese** is melted, 5-10 mins.



Get Prepped

- Halve, peel and chop the **onion** into small pieces.
- Peel and grate the **garlic** (or use a garlic press).
- Roughly chop the **parsley** (stalks and all).



Warm the Baguettes

- Pop the **baguettes** into the oven to warm through, 2-3 mins.



Start Your Sauce

- Place a pot over medium-high heat with a drizzle of **oil**.
- Add the **onion, garlic** and a pinch of **salt** and **pepper**. Fry until softened, stirring occasionally, 4-5 mins.
- Add the **balsamic vinegar, chopped tomatoes, passata** and **half the Italian herbs** (double for 4p).
- Add **half the parsley** and ½ tsp **sugar** (double for 4p).
- Cover and simmer for 10-12 mins. Season to taste with **salt** and **pepper**.



Garnish and Serve

- Divide the **aubergine parmigiana** between plates.
- Garnish with the remaining **parsley**.
- Serve the warm **baguette** alongside.

Enjoy!