

EGGPLANT PARMIGIANA

400 gram tin tomatoes (or your own preserves)
400ml tomato passata
1 clove garlic, crushed
¼ teaspoon chilli flakes
2 teaspoons sugar
50ml red wine
2 tablespoons coconut oil
800 grams eggplants, ends trimmed, cut into
½-1cm slices and slices halved (for ease of serving)
200 grams grated mozzarella
80 grams grated parmesan
1/2 cup basil leaves
60 grams buffalo mozzarella, torn into chunks
sea salt, pepper



Heat oven to 180°C.

Put tomatoes, passata, garlic, chilli flakes, sugar and wine in a saucepan. Stir to dissolve the sugar, and simmer for 15 minutes to reduce slightly. Season to taste.

Heat 1 tablespoon of the coconut oil in a frying pan and fry the eggplant slices for a couple of minutes on each side. Add more oil in between batches, but take care not to soak the eggplant in oil – you don't want it soggy.

Layer the parmigiana starting with the tomato sauce, then eggplants, then mozzarella and parmesan, then basil leaves. Repeat once more and end with the tomato sauce and mozzarella and parmesan. Dot the buffalo mozzarella over the top.

Bake for 30-40 minutes until sizzling and golden brown.

This is a deliciously rich dish so don't overdo the servings!

www.organicediblegarden.co.nz

© Organic Edible Garden 2022