

Aubergine Parmigiana



Serves: 4

Profitability:

Steps:

Make tomato sauce. Combine butter and oil in a heavy-based saucepan. Heat until foaming, add onions and sweat for 2-3 minutes.

Add garlic, tinned tomatoes, fresh tomatoes and tomato puree. Cook for 5 minutes.

Crumble stock cube and add to the pan with oregano, sugar and a pinch of salt and pepper. Bring to the boil.

In a jug, dilute cornflour with water before stirring into hot sauce. Reduce heat and simmer gently for 2-3 minutes. Add most of the freshly chopped basil.

Slice each aubergine into 4 pieces lengthways. Season each slice with salt and pepper.

Heat oil in frying pan and fry the aubergine for 3-4 minutes on each side. Remove and place onto kitchen towel to drain.

Layer half of the aubergine in a small casserole dish, pouring over some tomato sauce and add a sprinkling of parmesan and mozzarella. Repeat with rest of aubergine, sauce and top with cheeses.

Cook in oven preheated to 160°C/gas mark 3 for 25 minutes.

To serve

Serve immediately with steamed green vegetables or salad. Recipe courtesy of Great British Chefs. Visit their site for more delicious kids recipes - www.greatbritishchefs.com/collections

Ingredients:

Butter 20g

Sunflower oil 15ml

Onion 100g finely diced

Garlic cloves 2 crushed

Tomato purée 14g

Tinned tomatoes 385g chopped

Vegetable stock cube 1

Dried oregano ½ tsp

Tomato 190g roughly chopped

Water 30ml

Sugar 3g

Cornflour 9g

Fresh basil 10g chopped

Salt & pepper to season

Aubergine 580g

Sunflower oil 50ml

Mozzarella cheese 80g grated

Parmesan 80g grated

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