



# Eggplant Parmigiana

## INGREDIENTS:

- 4 large eggplants, sliced 1 cm thick
- 1 cup flour
- 4 eggs, beaten
- ½ cup sunflower oil, for frying
- 250g mozzarella, thinly sliced
- 100g freshly grated parmesan
- 1 small handful of basil, torn
- Salt, to taste
- Pepper, to taste



## METHOD:

1. Preheat the oven to 180°C
2. Prepare all of the ingredients based on the instructions in the ingredients list
3. Make the **Tomato and Basil Sauce** according to the recipe
4. Dust the eggplant in flour in a small bowl
5. Dip the floured eggplant slices into the egg mix in another small bowl
6. Heat the two frying pans over medium-high heat, and divide the oil equally between them
7. Shallow-fry the eggplant in the hot oil until it is brown on both sides
8. Drain the cooked eggplant on kitchen paper
9. Smear the bottom of two overproof dishes with half the tomato sauce
10. Place a layer of eggplant slices on top of the tomato sauce
11. Cover the eggplant slices with thin slices of mozzarella and half the basil
12. Place another layer of eggplant, and top with remaining basil, tomato sauce and a sprinkling of parmesan
13. Bake for 20 minutes
14. Rest for 5 minutes before serving with a garden **Salad of the Imagination**