



## Eggplant Parmigiana

with Cucumber and Basil Salad.



30-40min



2 Portions

Our version of eggplant parmigiana is more like a vegetarian chicken parmigiana, rather than the original Italian dish featuring a fried eggplant stack layered with tomato sauce. Oven-baking the crumbed eggplant results in less grease, while the feta over the top is a much lighter alternative to gooey mozzarella.

## What we send

- feta <sup>7</sup>
- basil, garlic
- eggplant, Lebanese cucumber, lemon
- baby spinach leaves
- diced tomatoes
- brown onion
- panko breadcrumbs <sup>1</sup>

## What you'll require

- eggs <sup>3</sup>
- olive oil
- olive oil spray
- plain flour <sup>1</sup>
- sea salt and pepper
- sugar

## Utensils

- baking paper
- medium saucepan
- oven tray
- paper towel

Our veggies come straight from the farm, so please wash them before cooking.

### Cooking tip

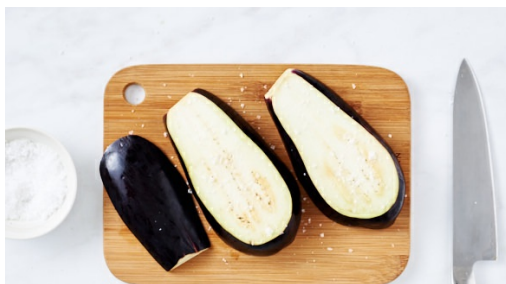
Coating the eggplant with a double layer of egg and breadcrumbs will make it extra crisp.

### Allergens

Gluten (1), Egg (3), Milk (7). May contain traces of other allergens.

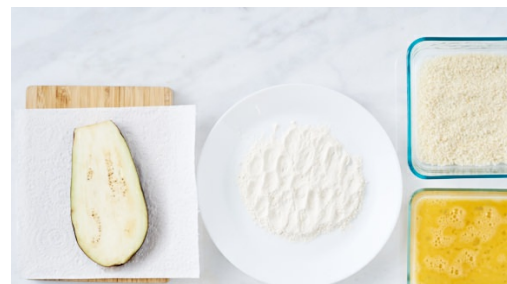
### Nutrition per serving

Energy 500.0kcal, Fat 22.4g, Proteins 20.6g, Carbs 46.5g



### 1. Prepare eggplant

Preheat the oven to 220C. Line an oven tray with baking paper, spray with **olive oil spray** and put in the oven to preheat. Trim each opposite side of the **eggplant** so that it will sit flat, then cut the **eggplant** into 3cm- thick slices. Season both sides with salt.



### 2. Prepare crumb mixture

Place the **flour** on a plate. Whisk the **eggs** in a shallow dish. Place the **breadcrumbs** in a third dish. Pat each **eggplant** slice with paper towel to remove excess moisture.



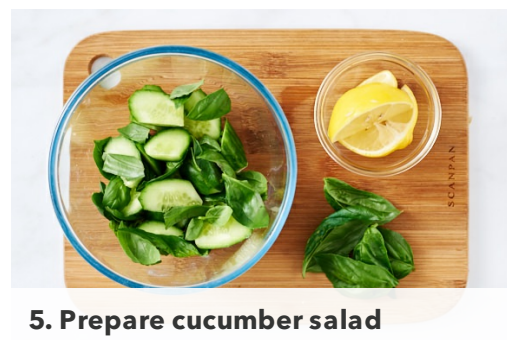
### 3. Crumb eggplant

Dust both sides of each **eggplant** slice in **flour**, then dip in **egg** allowing the excess to drip off, and coat in the **breadcrumbs**. Repeat process with just the **egg** and **breadcrumbs** (see cooking tip) until very well coated. Spray each side well with **olive oil spray**. Carefully put **eggplant** on the hot tray. Bake for 20-25 mins until golden and tender.



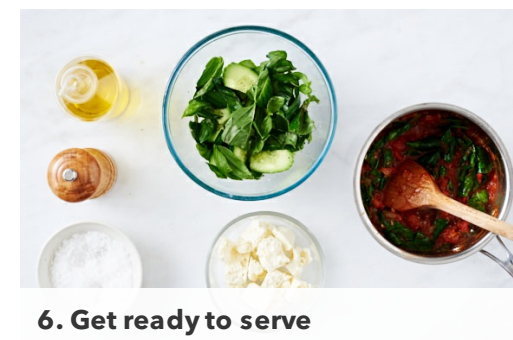
### 4. Make tomato sauce

Meanwhile, finely chop the **onion** and **garlic**. Heat **half the oil** in a medium saucepan over medium-high heat. Cook **onion** for 2 mins, then add **garlic** and cook for 1 min or until onion has softened slightly. Add **tomatoes** and bring to a simmer. Reduce heat to medium and cook, stirring, for 8-10 mins until thickened. Stir in **sugar** and season with **salt and pepper**.



### 5. Prepare cucumber salad

While the sauce is simmering, pick the **basil** leaves and coarsely tear. Coarsely chop the **cucumber**. Combine the **cucumber** and **basil** in a bowl. Cut the **lemon** into wedges.



### 6. Get ready to serve

Stir the **spinach** through the tomato sauce until wilted. Add the **remaining oil** to the salad, squeeze over the juice from **1-2 lemon wedges** to taste, season with **salt and pepper** and toss to combine. Divide the eggplant and salad among plates. Spoon the tomato sauce over the eggplant and crumble over the **feta**. Serve with the **remaining lemon wedges**.

Customer Service: **02 6145 2910** Email: [contact@marleyspoon.com.au](mailto:contact@marleyspoon.com.au)

Printed on FSC certified paper • View the recipe online by visiting your account at [marleyspoon.com.au](https://marleyspoon.com.au) [📷](#) [📱](#) [📺](#) [#eatmarleyspoon](#)

**Packed in Australia  
from imported  
ingredients**