



Eggplant Parmigiana

with Cucumber and Basil Salad.



40-50min



4 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

- baby spinach leaves
- Tomatoes, Diced, 400gm Can
- eggplant, Lebanese cucumbers, lemon
- basil, garlic
- feta ⁷
- panko breadcrumbs ¹
- brown onion

What you'll require

- eggs ³
- olive oil
- olive oil spray
- plain flour ¹
- 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

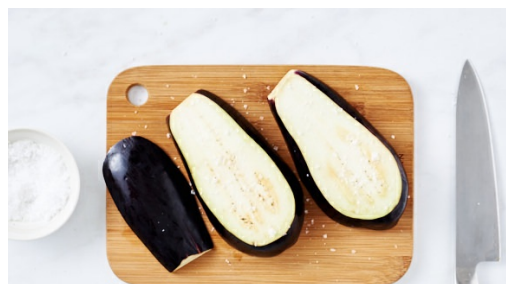
Coating the eggplant with a double layer of egg and breadcrumbs will make it extra crisp.

Allergens

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

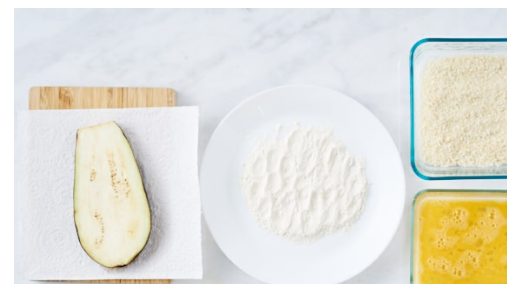
Nutrition per serving

Energy 435.0kcal, Fat 18.4g, Proteins 18.3g, Carbs 43.7g



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.



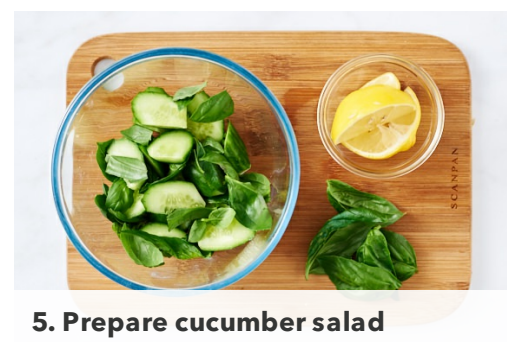
3. Crumb eggplant

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.



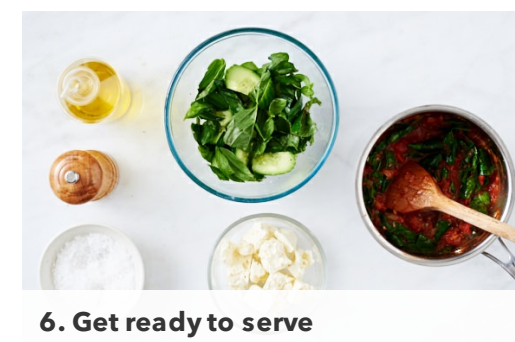
4. Make tomato sauce

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

Printed on FSC certified paper • View the recipe online by visiting your account at marleyspoon.com.au    **#eatmarleyspoon**

**Packed in Australia
from imported
ingredients**