



READY TO COOK
BY HARRIS FARM

CREATE THIS MEAL WITH...
DAVE'S RECIPE BOX

CLASSIC EGGPLANT PARMIGIANA



PREP
10 min



COOK
50 min



SERVES
4

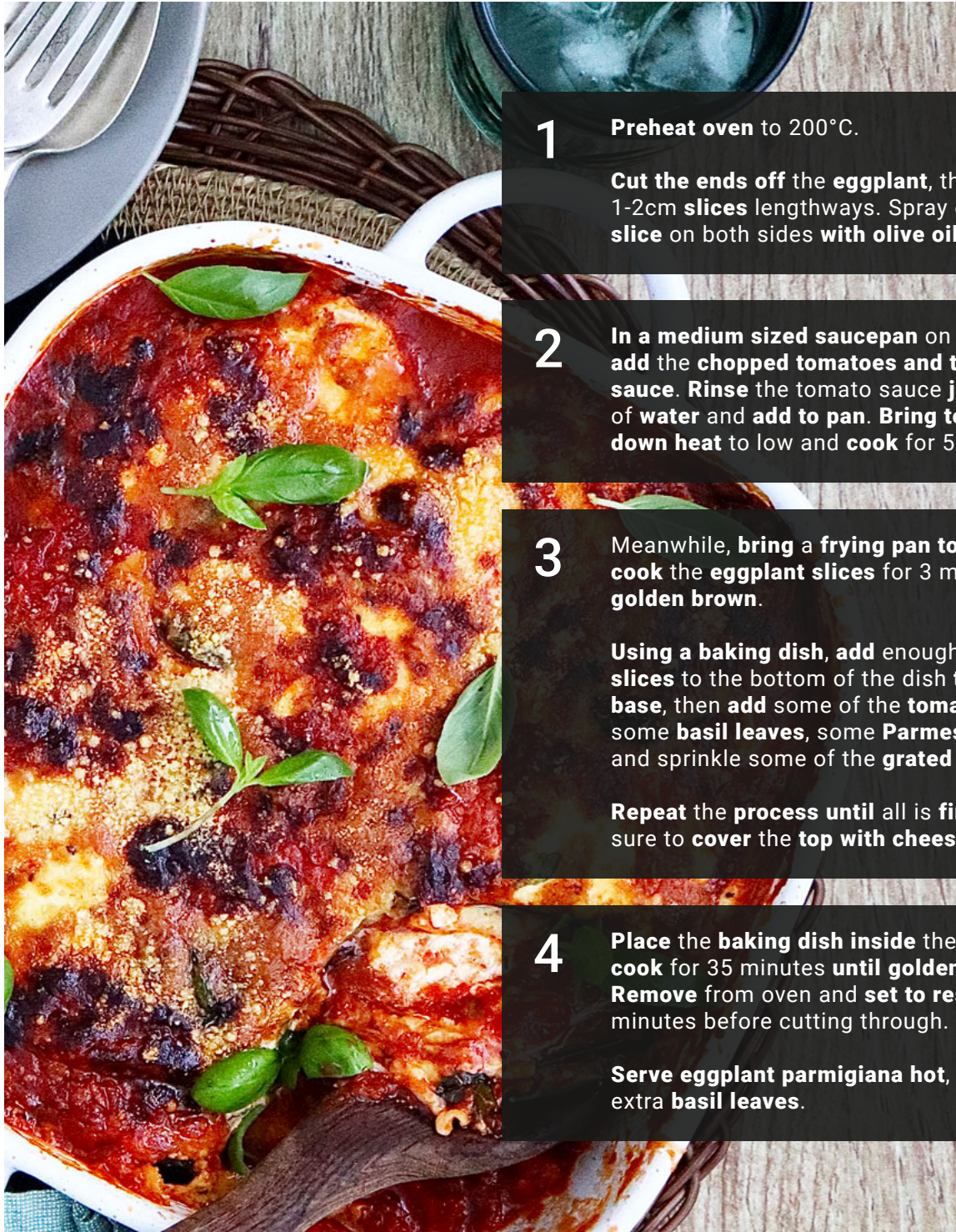
INGREDIENTS:

- > 2 Eggplants
- > 500g Tomato Basil Sauce
- > 400g Chopped Tomatoes
- > ½ Bunch Basil
- > 250g Mozzarella Cheese
- > 100g Grated Parmesan Cheese

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Olive Oil
- > Salt and Pepper

METHOD - GET COOKING!



1

Preheat oven to 200°C.

Cut the ends off the eggplant, then **cut into 1-2cm slices** lengthways. **Spray or brush each slice** on both sides **with olive oil**, **set aside**.

2

In a medium sized saucepan on high heat, **add the chopped tomatoes and tomato basil sauce**. **Rinse the tomato sauce jar** with $\frac{1}{4}$ cup of **water** and **add to pan**. **Bring to the boil**, **turn down heat** to low and **cook** for 5 minutes.

3

Meanwhile, **bring a frying pan to high heat** and **cook the eggplant slices** for 3 minutes **until golden brown**.

Using a baking dish, **add enough eggplant slices** to the bottom of the dish **to make a base**, then **add some of the tomato sauce**. **Add some basil leaves**, some **Parmesan cheese**, and **sprinkle some of the grated mozzarella**.

Repeat the process until all is finished. Make sure to **cover the top with cheese**.

4

Place the baking dish inside the oven and **cook** for 35 minutes **until golden brown**. **Remove** from oven and **set to rest** for 5-10 minutes before cutting through.

Serve eggplant parmigiana hot, topped with extra **basil leaves**.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- Sear the eggplant slices 2 or 3 at the time so they don't overcrowd the pan.

For more recipe ideas, check out our website: <https://www.harrisfarm.com.au/recipes>



FEEDBACK OR QUESTIONS?

Shoot us an email at:
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