

# Eggplant & 3-cheese gratin



## Eggplant & 3-cheese gratin

**Preparation:** about 20 minutes

**Cooking:** about 40 minutes

**Serves:** 4–6 as a side dish

3 medium eggplants (about 375g each),  
trimmed and cut into 1 cm thick slices

Olive oil cooking spray

200g ricotta cheese, crumbled

150g Greek feta cheese, crumbled

250g mozzarella cheese, grated

1/4 cup flat-leaf parsley leaves, roughly  
chopped

2 tbs oregano leaves

Salt and ground black pepper

1. Preheat oven to 180°C. Preheat a char-grill or barbecue on medium-high heat. Spray eggplant liberally with oil. Char-grill or barbecue eggplant for 1–2 minutes on each side until tender and golden. Transfer to a plate.
2. Grease a medium shallow ovenproof dish (about 20cm x 30cm long x 4cm deep) with oil. Combine all cheese in a bowl. Place a layer of eggplant in base of dish, overlapping slices. Sprinkle with half the parsley, oregano and cheese mixture. Season with salt and pepper to taste. Repeat layering using remaining eggplant, parsley, oregano and cheese mixture.
3. Bake for 25–30 minutes or until cheese is golden. Sprinkle with oregano leaves if desired. Serve hot or at room temperature.



### Eggplant:

- A good source of dietary fibre, which is important to keep the bowel healthy.
- Provides some folate (one of the B vitamins important for heart health).