

Eggplant, basil & cheese parmigiana



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Preparation about 25 minutes

Cooking about 45 minutes

Serves 6

Serve as a side dish or with crusty bread for a light meal.

1 kg medium eggplant, trimmed and cut into 1cm-thick slices

olive oil cooking spray

1½ tbs olive oil

¼ cup pine nuts

1 brown onion, finely chopped

2 cloves garlic, crushed

500ml jar tomato pasta sauce

½ tsp sugar

salt and ground black pepper

¾ cup basil leaves, roughly torn

150g ricotta cheese, crumbled

100g feta cheese, crumbled

100g parmesan cheese, finely grated

1. Preheat oven to 180°C. Preheat a barbecue or char-grill plate on medium-high heat. Liberally spray eggplant slices on both sides with oil. Barbecue or char-grill eggplant, in batches, for 1–2 minutes on each side or until just tender. Transfer to plate.
2. Heat 2 tsp oil in the frying pan over medium-high heat. Add pine nuts and cook, stirring often, for 1–2 minutes or until golden. Transfer to a plate.
3. Add remaining 1 tbs oil, onion and garlic to pan. Cook, stirring occasionally, over medium heat for 5 minutes or until onion is soft. Add tomato sauce and sugar. Season with salt and pepper to taste. Simmer sauce for 5 minutes.
4. Layering ingredients in a greased shallow large (8 cup) baking dish, arrange half the eggplant in the base of the dish and sprinkle with half the pine nuts, basil and cheeses. Spoon over half the tomato sauce. Top with the remaining eggplant, pine nuts, basil, cheeses and tomato sauce. Bake for 25–30 minutes or until hot and bubbling. Serve hot, at room temperature or chilled.