



Aubergine Parmigiana with Chickpea Salad

Food historians have traced this dish back to 1837 when it appeared in Ippolito Cavalcanti's *Cucina teorico-pratica* published in Naples. This dish layers a deliciously tasty tomato sauce with silky aubergines and melting mozzarella. We added a little chickpea side salad for an extra hit of protein, fibre, and freshness!

Ingredients

- Aubergine
 - Breadcrumbs
 - Tinned tomatoes
 - Parmesan
 - Flour
 - Mozzarella
 - Sundried tomato pesto
 - Chickpeas
 - Mixed leaves
 - Balsamic dressing
- Your Pantry**
- Olive oil
 - Salt and Pepper

Nutritional Info

Calories: 347 kcal
Carbohydrates: 50.3g
Protein: 25g
Fat: 11.7g

Allergens

Wheat (Breadcrumbs, flour)
Milk (Parmesan)
Nuts (Pesto)
Sulphites (Balsamic dressing)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) **Preheat the oven to 200C fan and boil the kettle.**

2) **Prepare the sauce**

Mix the tinned tomatoes and tomato pesto together in a bowl and set aside.

3) **Prepare the aubergines**

Slice the aubergines in 1cm thick rounds. Add some flour to a bowl or plate with a pinch of salt and pepper. Heat a large frying pan on a high heat with a drizzle of oil. Once hot, lay the aubergine slices into the flour, coating both sides, and then lay them into the pan. Fry for 2-3 minutes then turn the slices over. Sprinkle 1-2 teaspoons of water over the slices to create some steam and then cook for a further 1-2 minutes (this helps them to soften). Transfer the cooked slices to a plate and repeat until all the slices are cooked.

4) **Assemble the aubergine parmigiana**

Layer the aubergine slices, mozzarella, and tomato sauce up into 3-4 layers in an ovenproof dish (you may have a couple of aubergine slices leftover, depending on the size of the vegetable). Mix together the breadcrumbs and parmesan, then sprinkle over the top. Bake for 20-25 minutes until golden. While the dish is cooking...

5) **Assemble the salad**

Drain the chickpeas and combine with the mixed leaves. Add the salad dressing to taste. Set aside.

6) **Plate the dish**

Serve the aubergine parmigiana alongside the chickpea salad.



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