



Eggplant Parmigiana

Eggplant Parmigiana is a quick, easy, crowd-pleaser that can be prepared in advance and baked when needed. It's great served with a salad of soft green leaves such as butter lettuce. The anchovies aren't traditional but do add a great umami kick, feel free to leave them out if you prefer.

Serves 4



INGREDIENTS

- 3 large eggplants, sliced
- 1 tablespoon extra virgin olive oil, plus extra for brushing
- Salt flakes, to taste
- 2 cloves garlic, finely chopped
- 45g anchovies in olive oil, chopped
- 12 basil leaves, torn
- 2 quantities Tomato Sauce (recipe at [BeInspired.au](https://beinspired.au) or use 700g tomato passata)
- 2 Mozzarella di Bufala, sliced
- 1½ cups freshly grated parmesan cheese

METHOD

1. Preheat oven to 180°C.
2. Place eggplant on oiled oven trays, brush generously with oil, sprinkle with salt and bake for 20-30 minutes until well-coloured.
3. Meanwhile, place garlic and anchovies in a saucepan with the tablespoon of oil. Place over medium heat and cook for a few minutes, stirring often to crush the anchovies, until garlic sizzles.
4. Add Tomato Sauce, bring to the boil, reduce heat to low and simmer for a further 5 minutes.
5. Remove from heat, stir through basil and spread a little sauce into the base of a baking dish, setting the rest aside.
6. Add a layer of eggplant, top with a layer of mozzarella, some parmesan cheese and more sauce.
7. Continue layering until all ingredients are used, pressing down gently to ensure everything is well coated with sauce and finishing with a sprinkle of parmesan.
8. Bake for 15 minutes or so, until the top is well coloured.