

Eggplant Parmigiana with Garlic Ciabatta

with Garlic Ciabatta

hellóchef

Parmigiana simply refers to a dish cooked or served with Parmesan cheese!

Cals 779 • Prot 40 • Carbs 81 • Fat 35

Vegetarian

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🕒 cook: 45 min

R3568



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Parmigiana	2 ppl	3 ppl	4 ppl	
Eggplant	2	2	3	Piece
Olive oil	2	3	4	Tbsp
Salt	0.5	0.5	1	Tsp
Garlic cloves	3	4	5	Piece
Parmesan 4*	30	45	60	Grams
Red onion	1	1	2	Piece
Dried oregano	2	2	4	Grams
Tomato paste	30	50	70	Grams
Water	200	300	400	ML
Chopped tomatoes	400	400	800	Grams
Red vinegar	15	22	30	ML
Vegetable stock cube 15*	1	1	2	Piece
Brown sugar	5	5	10	Grams
Grated mozzarella 4*	150	200	300	Grams
Fresh basil	15	15	15	Grams
Garlic bread				
Fresh parsley	15	15	15	Grams
Butter 4*	30	50	50	Grams
Ciabatta 10*, 11*	1	2	2	Piece

Allergens

*4 Milk, *15 Celery, *10 Wheat, *11 Gluten

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	3255 / 779
Fat (g)	34.5
of which saturates (g)	21.6
Carbohydrate (g)	81
of which sugars (g)	27.6
Fiber (g)	20.7
Protein (g)	40.4
Salt (g)	3.6

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Bake eggplants

Preheat the oven to 220°C/200°C fan. Slice the **eggplants** into 1 cm thick rounds. Add the **eggplant** rounds to a lined baking tray and drizzle generously with **olive oil** and season with **salt**. Roast the **eggplants** in the oven for 20–25 min.



2 Prep

Meanwhile, peel and mince the **garlic**. Grate the **Parmesan**. Peel and finely chop the **red onion**.



3 Simmer

Heat a large non-stick pan over a medium heat with a drizzle of **olive oil**. Once hot, add the **onion** with a pinch of **salt** and fry for 5 min until softened. Add the half of the **garlic** and the **oregano** and fry for 1 min further. Add the **tomato paste, measured water, chopped tomatoes, red vinegar, stock cube** and **sugar**. Simmer for 10 min.

Tip! Reserve the remaining garlic for the garlic butter.



4 Bake parmigiana

Layer half of the roasted **eggplants** over the base of a baking dish, pour half of the **tomato** sauce over and top with half of the **grated mozzarella**. Repeat this process. Top the final layer of **mozzarella** with the **Parmesan**. Bake for 20 min or until the **cheese** is golden.



5 Bake garlic bread

Meanwhile, finely chop the **parsley**. Mash the **butter** with the remaining minced **garlic** and the **chopped parsley**. Slice the **ciabatta** in half and spread the **garlic butter** over each side. Place on a baking tray and bake for 10 min or until crisp.



6 Serve

Once ready, allow the **parmigiana** to cool for 5 min. Garnish with the **fresh basil** leaves and serve alongside the **garlic ciabatta**.