



Easy Eggplant Parmigiana

Serves: 1

Prep time: 5 Minutes

Cooking time: 20 Minutes

Ingredients:

- 6 slices of eggplant, (6mm thick)
- 2 tablespoon olive oil
- ½ cup tomato pasta sauce *see note below
- 60g mozzarella cheese. sliced
- 25g grated parmesan cheese, more if needed
- ½ cup dries oregano



*Simplicity: Easy-Tasty
Vegetarian Dish in under
30 minutes*

Method:

- **Preheat oven 180°C**
- Heat 1 tablespoon of oil in a frying pan over medium heat
- Add the eggplant slices and cook until golden brown
- Drizzle the remainder of oil over the top of eggplant slices, then turn to brown the other side
- Remove eggplant from pan and place on paper towel
- In a small baking dish, layer half of the sauce, the eggplant and mozzarella, parmesan cheese and oregano. Repeat the layer again
- Bake in preheated oven for 20 minutes, until heated through and golden in colour
- **Serve and Enjoy!**
- **Note: Homemade is always better.** Sometimes you need to take short cuts and used store bought products. I used " **Leggo's Stir through**" (tomato, roasted garlic and caramelised onion) for this dish