

Eggplant Parmigiana



Ingredients

- 2 large eggplants, sliced into 1cm thick slices
- 1 large brown onion, finely chopped
- 1 red capsicum, deseeded and finely chopped
- 2 cloves garlic, crushed
- 1 tsp dried oregano
- 1 tsp dried basil
- 1 tsp salt
- 700g tomato passata
- 1 cup breadcrumbs
- 400g fresh mozzarella cheese, sliced thinly
- 2 tbsps parmesan cheese, finely grated

Directions

Step 1 – Lay the eggplant slices on a tray and cover each slice liberally with salt, allow to sit for 30 minutes then rinse under cold running water and pat dry.

Step 2 – Heat the BBQ to medium heat (180 - 200°C) with two zone heat. Ensure the grills are clean. If you are using a charcoal grill, place your briquettes or charcoal to one side of the grill, keeping an area clear as a zone of indirect heat. If you are using a gas BBQ, light a burner on one side of the BBQ only. If you are using a Weber Q, have a trivet and convection tray on hand.

Step 3 – In a BBQ safe frying pan or skillet, over direct heat, heat a little olive oil and in batches, fry the eggplant slices on one side only until golden. Remove from the BBQ and set aside.



Step 4 – Add a little more oil to the frying pan and cook the onion over direct heat for 3-4 minutes or until starting to become translucent. Add the capsicum and cook for 3 minutes, then add the garlic, oregano, basil and salt. Mix together and cook until the vegetables have softened. Add the passata and cook for around 10 – 15 minutes or until the sauce has reduced slightly. Remove from the BBQ.

Step 5 – To assemble the parmigiana, place a little of the tomato sauce in the bottom of the frying pan, layer eggplant slices on top (cooked side up), top with more tomato sauce, half the breadcrumbs and half the mozzarella slices. Top with the remaining eggplant, then the remaining tomato sauce, breadcrumbs, mozzarella and the parmesan cheese.

Step 6 – Place the frying pan back into the BBQ and cook away from direct heat (if you are using a Weber Q, have a trivet and convection tray in place). Bake the parmigiana for around 20 minutes or until the sauce is bubbling and the mozzarella has melted. Serve immediately.

