

Aubergine parmigiana

Cuisine: Italian

Food category: Vegetarian dishes



Author: Jaroslav Mikoška

Company: Retigo



Program steps

Preheating: 200 °C

1 use express grill

Hot air | 0 % | Termination by time | 00:04 hh:mm | 200 °C | 100 % | X

2 place the Vision pan on a stainless steel rack

Hot air | 75 % | Termination by time | 00:07 hh:mm | 180 °C | 100 % | X

Ingredients - number of portions - 2

| Name | Value | Unit |
|-------------------------------|-------|------|
| olive oil | 50 | ml |
| aubergine | 1 | ml |
| salt | 3 | g |
| ground black pepper, ground | 1 | g |
| shallot | 1 | g |
| cloves garlic, finely chopped | 1 | g |
| can of crushed tomatoes | 200 | g |
| parmesan cheese | 40 | g |
| basil | 10 | g |

Nutrition and allergens

Allergens: 7

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, B6, C, D, E, K, Kyselina listová

| Nutritional value of one portion | Value |
|----------------------------------|----------|
| Energy | 107.5 kJ |
| Carbohydrate | 5 g |
| Fat | 5.5 g |
| Protein | 8.3 g |
| Water | 0 g |

Directions

Preheat the oven to 200°C.

Prepare the aubergine by tossing it with 2 tablespoons of oil. Dry fry the aubergine in Retigo combi oven using the express grill for 4 minutes, or until softened and lightly browned. Add a little extra oil if the aubergine looks dry.

To make the tomato sauce, heat the oil in a medium saucepan and fry the shallot and garlic over a medium heat for 3 minutes, or until softened, stirring regularly.

Add the tomatoes, half the finely grated Parmesan and the chopped basil. Bring to a simmer then cook for 4–5 minutes, stirring regularly until the sauce is thickened. Season with salt and pepper.

Layer the aubergine and tomato sauce in Vision pan sprinkle with rest of the parmesan cheese and bake on hot air 180°C for 7 minutes.

Garnish with sprigs of fresh basil. Drizzle with a little olive oil to serve.

Recommended accessories



Vision Pan