

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 %





2


place the Vision pan on a stainless steel rack


 Hot air


 75 %

 Termination by time

 00:07
hh:mm

 180 °C

 100 %



Ingredients - number of portions - 2		
Name	Value	Unit
olive oil	50	ml
aubergine	1	ml
salt	3	g
freshly ground black pepper, ground	1	g
shallot	1	g
garlic cloves, 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