

LETS PREPARE FOR PRACTICAL

Hygiene – Aprons, Hands, Surfaces

Equipment – Medium sized mixing bowl, scrap bowl, measuring jug, brown chopping board, colander, plate, frying pan, table knife, teaspoon, fish slice/ slotted spatula, baking tray, paring knife, white chopping board, greater.

Ingredients – 1 large aubergine, 1 large egg, 30g Parmesan cheese, 1 ball Mozzarella cheese, 1 large tomato, 2 sprigs of basil, 1tsp olive oil, 2 burger buns, $\frac{1}{2}$ tsp salt



Aubergine Parmigiana Burger



Ingredients

- 1 large aubergine
- 1 large egg
- 30g Parmesan cheese
- 1 ball Mozzarella cheese
- 1 large tomato
- 2 sprigs of basil
- 1tsp olive oil
- 2 burger buns
- ½ tsp salt

Method

- Preheat the oven to 180C

1. Prepare ingredients – wash vegetables, slice 4 x 2cm-thick slices of aubergine, slice tomato, whisk egg in medium mixing bowl. Finely grate the Parmesan cheese and slice mozzarella cheese.
2. Place aubergine into a non-stick frying pan, season with salt and turn onto a medium heat to char for 3 minutes on each side.
3. Turn off the heat and dip the charred aubergine slices into the egg until well coated.
4. Add the cheese, patting to help it stick to the aubergine.
5. Put 1 tsp of olive oil into the frying pan and fry the coated aubergine slices for 1½ minutes on each side. Flip them over and repeat until golden.
6. Remove to a baking tray and lay your slice tomato and mozzarella cheese on top
7. Place in oven and bake for 5-10 minutes plate.
8. Halve the buns and heat in oven for 2 minutes
9. Place 2 x aubergine stacks on each bun base, top with the basil leaves and bun lid.