



Naomi Crisante's Skillet Eggplant Parmigiana

From her cookbook *Tasteful*.

Perfect for two, this one-pan Sicilian-style eggplant parmigiana is a marvellous meat-free meal. I like to make it in a skillet that I can bring to the table.

SERVES 2. PREP TIME: 15 MINS. COOK TIME: 30 MINS.

INGREDIENTS

- 1 large eggplant
- 1/4 cup plain flour
- Olive oil, as needed
- 1 onion, finely diced
- 2 cloves garlic, crushed
- 400g can peeled tomatoes, chopped (use scissors to chop the tomatoes while they are still in the can.)
- 2 teaspoons chopped thyme or rosemary sea salt and pepper, to taste
- 1/2 cup grated mozzarella cheese
- 2 tablespoons grated parmesan cheese
- Paprika, for sprinkling

METHOD

1. Cut the eggplant lengthwise into 5mm thick slices and coat in flour.
2. Preheat oven to 200°C.
3. Heat 2 tablespoons oil in a skillet (use one that can be transferred to the oven) and fry a few slices of eggplant at a time until golden on both sides. Drain on absorbent paper. You may need to wipe out the skillet and add extra oil as you go.
4. Heat 1 tbsp oil in the skillet and saute the onion and garlic until softened. Add the tomatoes and thyme and simmer for 5 minutes until slightly thickened. Season to taste.
5. Arrange the eggplant slices into the sauce. Sprinkle with both cheeses and bake in the upper half of the oven at 200°C for 15-20 minutes until golden.
6. Sprinkle with extra thyme sprigs and paprika. Serve with crusty bread and salad.

VARIATION: Also delicious made with chargrilled zucchini and capsicum.

STYLING: Twist the eggplant slices as you add them to the dish so they sit up.

DRINK MATCH: Barbera, Nebbiolo or Italian pilsner.