THE LIGHTER PLATE METHOD

Baked Aubergine Parmigiana

Grilled rather than fried, so the aubergine stays silky without soaking up a pan of oil.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
20 min	**40 min**	**60 min**	**4**	**EASY**

Ingredients

- 3 aubergines (sliced lengthways)
- 500 ml passata
- 2 cloves garlic (crushed)
- 125 g light mozzarella (sliced)
- 30 g parmesan (grated)
- 1 large handful fresh basil
- 2 tbsp olive oil

Method

1. Heat the grill to high. Brush the aubergine slices lightly with oil and grill for 3–4 minutes each side, until golden and softened.
2. Heat the oven to 190°C (fan 170°C). Warm the passata with the garlic and half the basil in a small pan for 5 minutes.
3. Layer the aubergine, passata and mozzarella in a baking dish, repeating until everything is used, finishing with sauce and parmesan on top.
4. Bake for 25–30 minutes, until bubbling and golden.
5. Scatter with the remaining basil before serving.

Tips & swaps

- Grilling instead of frying the aubergine is what keeps this lighter than the classic version — don't skip straight to the oven.
- Courgette slices work well mixed in with the aubergine.

Storage & reheating

Keeps in the fridge for 3 days; reheats well in the oven.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
300	**16g**	**18g**	**18g**	**9g**

Estimated values, for guidance only. Contains: Milk.