



Slow Cooker Aubergine Parmigiana

Serves 6

Ingredients:

- 3tbsp olive oil
- 3 garlic cloves, crushed
- 2 shallots, peeled and chopped
- 3 small aubergines, cut into 1cm slices
- 2 tins chopped tomatoes
- 2tbsp tomato puree
- 85g parmesan cheese
- 60g breadcrumbs
- handful fresh basil leaves
- 1tsp dried oregano
- 1tsp sugar
- salt and freshly ground pepper

Method:

1. Heat 2 tablespoons of oil in a frying pan
2. Add garlic, shallots and oregano
3. Cook for about 5 minutes, until softened
4. Add tomatoes and tomato puree and cook for 10 minutes, stirring continuously
5. Add sugar and season with salt and pepper
6. Place half the tomato sauce in the slow cooker
7. Layer the aubergine slices, sprinkling fresh basil and Parmesan cheese between the layers
8. Finish layering with the rest of the tomato sauce
9. Cook on low for 4 hours
10. Just before the serving fry the breadcrumbs using the remaining 1 tablespoon of oil
11. Serve each portion sprinkled with the breadcrumbs

