

# Eggplant Beef Patties



## **Ingredients**

2 medium Eggplants

Olive Oil

Bottle Tomato Passata

Breadcrumbs (Store Bought)

Parmesan Cheese

Flour

3 eggs

Milk

Salt

Pepper

500 gm Mince

Garlic Cloves Minced

Parmesan Cheese

Parsley

Water

1 bottle Tomato Passata (Sauce)

2 garlic Cloves Minced (Sauce)

3 tablespoons of Olive Oil (Sauce)

1 Onion, diced (Sauce)

Basil (Sauce)

Marsala Wine (optional. Refer to step 5)

Sliced Bread

## **Method:**

1. Preparing the Eggplant: Peel some of the skin off the eggplant. Then cut the eggplant into round 1cm slices. Set aside.
2. Preparing fresh breadcrumbs: In a small blender, add sliced bread, parmesan cheese, salt, pepper and parsley. Blend until combined. Set aside.
3. In a separate bowl, add the 2 eggs, with milk then whisk together. Set aside.
4. In a separate bowl, mix together the flour and salt and pepper. Set aside.
5. In a pot add oil, garlic and chilli, fry for a few minutes. Cook until it starts to turn a slight brown. Approximately 10 minutes, while stirring. Add the tomato passata to the pot. Bring to the boil. Turn down to a simmer for 30 minutes, continually stirring every 5-8 minutes. Add salt, pepper, basil and stir. OPTIONAL STEP/INGREDIENT: Add marsala wine before adding in the tomato passata and allow to cook for another 5 minutes.
6. Whilst the sauce is cooking. In a separate bowl, add together the mince, garlic, fresh breadcrumbs, parmesan cheese, parsley and egg, mix until all are combined. You can add a small amount of water to help combine.
7. On a separate plate, place one slice of eggplant down, spoon onto the eggplant the mince mixture. Then place another slice of eggplant on top. Repeat the process until all of the eggplant slices and mince mixture have been used.
8. Individually, dip each of the eggplant slices into the flour, followed by the egg mixture then into the store bought breadcrumbs.
9. In a frying pan, heat up the oil. Cook each eggplant slice until they have turned golden brown and scatter over coriander.
10. After you have cooked all the eggplant slices, turn on the oven to 180°. In a baking dish put a small amount of the sauce before arranging the eggplants on top. Pour over the remaining

sauce. Sprinkle with parmesan cheese. Cook for 20 minutes in the oven.