

OVERALL time: 70 mins

MELANZANE PARMEGIANA WITH A CHILLI TWIST

Don't you love the sound of a warm, cheesy, delicious Melanzane Parmegiana? Well we do too. So not only are we making it for you, but we're adding a little chilli twist to it - just enough to ensure complete tastebud satisfaction.

Metric

Number of servings : 4

ingredients

Main

- 4 Eggplants/ Aubergines
- 10 ml **Cape Herb and Spice Ghost Chilli**
- 1 Onion, finely diced
- 2 Cloves of garlic, minced
- 5 ml Dried oregano
- 5 ml **Cape Herb and Spice Ghost Chilli**
- 400 g Tins of crushed tomatoes
- 200 g Mozzarella, grated
- 100 g Parmesan, grated
- Olive oil
- **Cape Herb and Spice Extra Bold Black Pepper**

For serving

- a handful of fresh basil leaves

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 10 mins | COOKING TIME: 60 mins

Start off by slicing the eggplants lengthways into 5mm slices. Then brush them with olive oil and then season generously with **Cape Herb & Spice Ghost Chilli Seasoning**.

Next, heat a griddle pan and cook the eggplant slices until nicely charred on each side and soft and tender. Set aside.

Heat a drizzle of olive oil in a medium sized pot and add the onion. Then, cook the onion until its tender and then add the garlic, dried oregano and **Cape Herb & Spice Ghost Chilli Seasoning**. Cook until fragrant and then add the tinned tomatoes. Bring to the boil and then simmer gently for around 15-20 minutes until the sauce thickens.

Next, preheat the oven to 180°C.

Spread a thin layer of tomato sauce onto the bottom of a baking dish. (Roughly 25cm x 12cm). Follow the sauce with a layer of aubergines, then a scattering of both mozzarella, and Parmesan. Repeat this order with all the ingredients, finishing with a layer of sauce and then mozzarella and Parmesan.

Last but not least, bake this for about 30 minutes, until its bubbling and looks golden brown.

Allow to cool slightly and then sprinkle with basil just before serving.

Recipe by Lizet Hartley Lizet Hartley is a freelance stills and reel food stylist, food photographer and recipe developer. In her spare time she – rather predictably – cooks. Get more of her recipes on her blog at <http://www.melkkos-merlot.co.za>

<https://capeherb.co.za>

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