

Melanzane parmigiana and fried in the oven

Difficulty: Medium

Preparation time: 20 minutes

Cooking time: 45 minutes

Number of servings: 4

Ingredients:

- * 4 eggplants
- * 100g grated bread crumbs
- * 100g grated Parmesan cheese
- * Salt
- * Pepper
- * 2 eggs
- * Extra virgin olive oil
- * 00 flour
- * Basil
- * 1 red chili pepper

Instructions:

1. Wash, dry, pierce, and slice the eggplants into 1cm-thick slices. Salt the eggplant slices on both sides w
2. Once the eggplant slices have rested, dredge them in the flour, beaten egg with salt and pepper, and fir
3. Heat the olive oil in a pan over medium heat, add the basil and chili pepper, and let them infuse for at le
4. Place the breaded eggplant slices on a STEAM&FRY plate, and lightly brush both sides with the flavore
5. Serve the baked eggplant slices with flavored mint and lemon mayonnaise.