

Crunch-coated Aubergine and Mozzarella Parcels

MAKES:4

PREPARATION TIME:10 minutes

COOK TIME:6-8 minutes

INGREDIENTS:

- 2 aubergines
- 5 tbspt Filippo Berio Mild & Light Olive Oil
- 1 (150g) mozzarella, sliced
- 2 tomatoes, sliced
- 8 basil leaves
- 25g fresh white breadcrumbs
- 25g polenta
- 1 medium egg, beaten

METHOD:

Slice the aubergines lengthways discarding the end slices to make 8 (1cm/ ¼ in) thick slices. Place slices on a grill rack brush each with a little of the oil cook under a hot grill for 3-4minutes turning once until pale golden on both sides.

Heat the remaining oil in a large frying pan. Place a slice of mozzarella cheese tomato and a basil leaf on one end of the aubergine. Fold over the aubergine to enclose the filling and secure each with a cocktail stick.

Mix the breadcrumbs and polenta together on a plate. Dip each aubergine parcel first in the egg and then the breadcrumb mixture to coat. Add to the hot oil and cook for 3-4minutes turning once until golden and crisp. Remove cocktail sticks and serve with salad and crusty bread.



Cook it with: Mild&Light in colour