



CHICKEN PARMIGIANA ON BRINJAL SLICES

THIS RECIPE TURNS CHICKEN PARMIGIANA FROM A CLASSIC MEAL INTO A MOREISH MOUTHFUL. CRISPLY FRIED BRINJALS TOPPED WITH MELTED CHEESE AND CHICKEN AND NESTLED IN A BED OF SAVOURY TOMATO SAUCE ARE GUARANTEED TO KEEP EVERYONE HAPPY. BRINJAL HAS A SPONGY POROUS TEXTURE, WHICH MAKES IT GREAT FOR ABSORBING FLAVOURS. IT'S ALSO FULL OF VITAMINS, MINERALS AND DIETARY FIBRE. MODERN AND ADDICTIVE, THIS IS THE BEST CHICKEN PARM FINGER FOOD AROUND.

125g Emmental cheese, grated
125g Parmesan cheese, grated
4 chicken breast fillets
salt and pepper to taste
16 slices brinjal, about 3mm thick
2 Tbsp olive oil
1 shallot, finely chopped

1 tsp finely chopped garlic
1 Tbsp dried basil
2 tsp dried parsley
2 tsp dried oregano
1 x 400g tin chopped tomatoes
rocket leaves for garnishing

1. Combine the grated Emmental and Parmesan cheeses. Set aside.
2. Cut the chicken breasts in half horizontally to make them thinner.
3. Season both sides with salt and pepper.
4. In a large preheated pan, dry-fry the brinjal slices on both sides until softened. Remove and set aside.
5. In the same pan, heat the olive oil, add the chicken fillets and cook on both sides until just cooked through and golden. Be careful not to overcook the chicken. Remove the chicken, cover to keep warm and set aside.
6. In the same pan, cook the shallot, garlic, the dried herbs and tinned tomatoes for about a minute, stirring to combine all the ingredients.
7. Cut the chicken fillets in half, so that they will fit on the brinjal slices.
8. Arrange the brinjal slices on a greased baking sheet, top with chicken and a spoonful of tomato mixture. Generously scatter over the grated cheese.
9. Place the baking sheet under the grill and grill until the cheese has melted.
10. Garnish with a rocket leaf or two and serve immediately.