

## Egg Plant Parma

### Ingredients:

- 1 ½ cups plain flour (in a wide bowl/plate)
- 2 cups breadcrumbs (in a wide bowl/plate)
- 3 eggs + ½ cup milk whisked together (in a bowl)
- 2 egg plants, cut into 1-2cm thick rounds
- 1 jar pasta sauce
- 2 cups shredded cheese

### Method:

- Preheat oven to 180 degrees and line 2 baking trays with baking paper.
- Next we are going to crumb por egg plant pieces. Coat 1 piece of egg plant in flour, dip into egg and milk mixture then coat it in breadcrumbs. Repeat this process until all egg plant is used (you may need more breadcrumbs)
- Heat up large frying pan (or 2) with oil and cook crumbed egg plant until golden on both sides. Place onto baking trays.
- Top with pasta sauce and cheese and bake in oven for 15-20minutes.
- Serve onto 4 plates.