

# Summer Vegetable Parmigiana

## Quick facts

Active time: 35 minutes  
Total time: 105 minutes  
Nutritional value: 586 kcal per person

## Ingredients for 4 people

3	Yellow chillies, chopped
2	Aubergines, in slices about 5 mm thick
2	Courgettes, in slices about 5 mm thick
4 sprigs	Rosemary, needles plucked off
5 TBSP.	Olive oil
1 ½ TSP	Salt
1 TBSP.	Olive oil
2	Garlic cloves, finely chopped
2 TBSP.	Tomato puree
2	Cans of peeled cherry tomatoes (400g each)
1 TSP	Sugar
1 TSP	Salt
some	Pepper
300 g	Mozzarella, shredded
1 bunch	Basil, leaves plucked off
80 g	Grated parmesan

## Preparation

- 1) Mix the vegetables, rosemary and oil in a bowl and spread on two baking trays lined with baking paper and salt.
- 2) Bake for about 25 minutes in an oven preheated to 200 degrees (hot air). Remove and leave to cool. Change the oven to 200 degrees (top and bottom heat).
- 3) Heat the oil in a pan. Sauté the garlic and tomato puree in it. Then add the tomatoes and sugar and season. Simmer over medium heat for about 25 minutes.
- 4) Grease an ovenproof dish (approx. 2½ litres) well. Pour ⅓ of the tomato sauce into the prepared dish, then add the aubergine slices and ⅓ of the mozzarella, basil and Parmesan. Repeat with the pepperoni and then the courgettes.
- 5) Bake for about 45 minutes in the middle of the preheated oven. Remove the parmigiana and leave to stand for about 5 minutes. Arrange and serve with bread.