Eggplant Parmigiana

Ingredients:
- 2 cups packaged breadcrumbs
- 3/4 cup grated parmesan
- 1/3 cup finely chopped parsley
- 1 cup plain flour
- 4 eggs
- 2 crushed garlic cloves
- 4 thinly sliced medium eggplants

Method:
- Combine 2 cups packaged breadcrumbs, 3/4 cup grated parmesan and 1/3 cup finely chopped parsley in a shallow dish. Place 1 cup plain flour onto a plate.
- Whisk 4 eggs and 2 crushed garlic cloves together in a separate shallow bowl. Dip 3 thinly sliced medium eggplants into flour, shaking off excess. Dip into egg, then coat with breadcrumb mixture, pressing on firmly. Fill a large frying pan with oil and heat over a high heat.
- Cook eggplant in batches for 1–2 minutes on each side or until crispy and golden. Remove eggplant from pan and drain on paper towel and cover to keep warm.
- Place eggplant disks onto a baking tray and top with cheese and bake for 5 minutes until cheese melted.
- To serve, top with a dollop of basic tomato sauce.