

CHARDONS

DAY 4 - MAIN COURSE

Pan fried aubergine with a mixed vegetable caviar on a bed of tagliatelle with a concasse, green beans and Salsa Verde

(V), (VG), (NF)

Serves: 1 Person



Recipe Ingredients

- 1 aubergine per portion
- 1 chopped small garlic clove
or 1 tsp frozen garlic
- ¼ diced white onion or 2 tbsp
frozen onion
- ½ diced red pepper or 50g
- Olive oil
- Chopped parsley
- ¼ lemon juice



Evening preparation

5.00pm

1. Take the aubergine and cut 2 length ways 1 cm in thickness slices and season both sides
2. Heat a frying pan to a medium heat and add 2 tbsp. of olive oil and place slices of aubergine into pan
3. Cook for around 2min per side or until golden brown. Once cooked through set aside
4. Peel and roughly dice the remaining aubergine and slowly cook in a pan covered with a lid or tin foil. Checking every 2/3 minutes cook the aubergine until you can completely crush it with the back of a spoon or spatula
5. Once the aubergine has fully cooked add garlic and onion and cover again, cooking for 2 minutes. After add the red pepper and repeat
6. To finish add lemon juice, parsley, a touch of olive oil and season with salt
7. Serve with reheated pan fried aubergine slice just off centre on your main plate with aubergine caviar nicely on top
8. Same garnish as salmon dish of pasta, green beans and salsa verde