

Greek Baked Eggplant with Tomato and Feta

Ingredients:

- 2 Eggplants
- 2 tablespoons Olive oil
- 170g Feta cheese

Sauce:

- 110ml Olive oil
- 10 cloves garlic- thinly sliced
- 800g chopped tomatoes (2x 400g cans)
- 1 bunch fresh basil- leaves picked
- 2 teaspoons salt
- Pepper to taste
- 2 teaspoons sugar
- 1 tablespoon balsamic vinegar

Equipment:

- Knife
- Measuring spoons
- Measuring jug
- Chopping boards
- Glass baking dish
- Pastry brush
- Large frying pan
- Wooden spoon



Method

1. Preheat oven to 200 degrees Celsius and collect all ingredients and equipment.
2. Slice the eggplant in half lengthways and then score the flesh in a criss-cross pattern all over without cutting through to the skin.
3. Brush the eggplant with a generous amount of olive oil and sprinkle with a bit of salt.
4. Bake the eggplant face down in a large glass baking dish for about 45 minutes or until the flesh is soft.
5. Meanwhile, make the tomato sauce by heating the olive oil on a medium heat in a large frying pan. Add the sliced garlic and cook for a couple of minutes, then add the chopped tomatoes, basil and salt/pepper. Half fill one of the empty tomato cans with water and add it to the sauce in the pan.
6. Let the sauce simmer for about 15 minutes, then add the sugar and balsamic vinegar. Stir into sauce.
7. When the eggplants are cooked, remove from the oven and pour the sauce over the top of them into the baking dish. Then crumble the feta over the top. Bake in the oven for a further 15 minutes or until the sauce is bubbling.
8. Serve a portion of the eggplant and sauce up on a plate and serve with salad. Enjoy!

Greek Salad

Ingredients:

- 1/2 a large cucumber
- 1 large tomato
- 1/4 of a Spanish onion
- 1/4 cup olives (pitted)
- 1/2 a block of Greek feta
- 1/2 tsp dried oregano
- Olive oil
- Salt

Equipment:

- Knife x3
- Chopping board x3
- Peeler
- Medium mixing bowl
- Measuring cups
- Measuring spoons
- Salad serving bowl



Method

1. Peel the cucumber and then slice in half longways, before dicing it into half circles. Place the prepared cucumber into the medium mixing bowl.
2. Wash and dice up the tomato- keep the dice quite big as we want chunky bits of tomato. Add the tomato to the bowl with the cucumber when ready.
3. Finely slice the onion quarter until it has all been diced up. Add the onion to the tomato and cucumber.
4. Take the feta and chop it into cubes. Add the Feta, olives and dried oregano in with the cucumber, tomato and onion.
5. Drizzle with olive oil and sprinkle a small amount of salt over. Toss the salad together and then place in a salad serving bowl.
6. Put aside to enjoy together with the baked eggplant and bread. Enjoy!