

Eggplant & Meat Patties Parmesan

The recipe that changed my mind.



PREP

Cook & assemble

COOK

Brown + bake

OVEN

380 F

BAKE

30 + 10-15 min

INGREDIENTS

FOR THE PATTIES

- 1 large or 2 small eggplants
- 1 lb ground pork
- 1-2 garlic cloves, minced
- 2 eggs
- Approx. 1 1/2 cups breadcrumbs, divided
- Italian seasoning, to taste
- Salt and pepper, to taste
- Oil for frying

PARMESAN-STYLE

- Our Family Pasta Sauce
[See the recipe at resetandgather.com](https://resetandgather.com)
- Mozzarella cheese, to preference
- Parmesan cheese, to preference

FAMILY TIP

A little cheese is enough.

I use just a sprinkle of mozzarella and Parmesan on each patty. Add more or less to your preference.

HOW TO MAKE THE PATTIES

- 1 Peel the eggplant and cut it into large chunks. Boil until very tender. Drain really well, mash and let cool enough to handle.
- 2 Combine the mashed eggplant with ground pork, garlic, eggs, breadcrumbs, Italian seasoning, salt and pepper. Mix well and form into patties.
- 3 Lightly coat each patty in breadcrumbs.
- 4 Heat a little oil in a frying pan and brown the patties on both sides. They do not need to cook completely in the pan because they will finish in the oven.
- 5 Spread a little Our Family Pasta Sauce in the bottom of a baking dish and thin it slightly with water. Arrange the patties over the sauce.
- 6 Spoon more sauce over each patty, then sprinkle with mozzarella and Parmesan to your preference.
- 7 Cover and bake at 380 F for about 30 minutes.
- 8 Uncover and bake another 10-15 minutes, until the sauce is bubbling and the cheese is lightly golden.

Make It a Meal

OUR FAMILY PASTA SAUCE

These patties are made with our family sauce. Make a double batch if you're serving pasta alongside them.

SERVE WITH PASTA

Spoon extra sauce over your favourite pasta for an easy, more substantial family meal.

MAKE EXTRA

Freeze the extra sauce for another meal. Full sauce recipe at resetandgather.com.