



Aubergine Bites

Breaded aubergine slices with vegan parmesan and mozzarella and Mediterranean tomatoes. It can't be more summer.

Perfect for picnic, side dish, appetizer, or with ciabatta bread and olive oil a whole healthy meal.

You can prepare more of the vegan parmesan and keep it for 2 weeks in a fridge – you can always use it for pasta dishes and others.

Ingredients

Breadcrumb coating

100 g breadcrumbs
salt
dried oregano
2 tablespoons Flaxmeal
1 tablespoon tapioca starch
180 ml water

Vegan parmesan

50 g cashews
10 g nutritional yeast
½ teaspoon garlic granulate
salt
pepper

4 heirloom tomatoes
1 aubergine
2 garlic cloves
herb salt
black pepper
cayenne pepper
dried Mediterranean herbs
(oregano, basilico etc at taste)

1 handful shredded vegan
mozzarella (bought in a
supermarket)

Instructions

- wash and slice the aubergine and let it drain with salt in a bowl for at least 15 minutes
- **vegan parmesan**
blend the cashews in a blender to coarse little pieces (like grated parmesan)
mix it with nutritional yeast, garlic granulate, salt and pepper (at taste)
- **vegan breadcrumb coating**
in one plate mix the flaxmeal with tapioca and water; let it set a bit to thicken
in a second plate mix breadcrumbs with salt and dried oregano
- dry the aubergine slices with a paper towel
- dip the aubergine slices first in the liquid flatmeal mixture and then in the breadcrumbs
- place the aubergine slices on a baking tray
- slice the beef tomatoes and put one slice on each aubergine slice
- thinly slice the garlic and spread it over the tomatoes
- spice with herb salt, pepper, cayenne pepper, and Mediterranean herbs
- cover each aubergine bite with the vegan parmesan and spread the mozzarella evenly over all slices
- bake with 200C until golden brown