



JERNEJ KITCHEN

GRILLED EGGPLANT STEAKS WITH MOZZARELLA CHEESE AND TOMATO SAUCE

Grilled Eggplant Steaks with Mozzarella Cheese and Tomato Sauce is a quick and easy summer recipe. Healthy, tasty and light meatless meal.

SERVES	4	PEOPLE
PREPARATION:	5	MINUTES
COOK:	20	MINUTES
TOTAL TIME:	25	MINUTES

GRILLED EGGPLANT STEAKS WITH MOZZARELLA CHEESE AND TOMATO SAUCE

- 3 tbsp olive oil
- 1 small onion, diced
- 1 garlic clove, diced
- 450 g fresh tomatoes, diced (1 pound)
- 1 tbsp balsamic vinegar
- 2 eggplants (approx. 200g / 7 ounces each)
- 4 tsp [Gremolata Sauce \(Quick and Easy\)](#)
- 4 thick Mozzarella Cheese slices (approx. 125g / 4.5 ounces)

TOOLS AND EQUIPEMENT

- saucepan
- kitchen knife
- cutting board
- grill pan (or a grill)

Sponsored

HOMEMADE TOMATO SAUCE

Place a saucepan over medium-high heat. Add 2 tablespoons of olive oil, diced onion, and diced garlic. Cook for about 2 - 3 minutes. Add diced tomatoes and season with salt, pepper, and vinegar. Cook for another 10 - 15 minutes or until the sauce is thick and tomatoes are cooked.

GRILL THE EGGPLANTS

Place a grill pan over high heat (or use an outdoor grill). Cut the eggplants on about 2 cm or 1-inch thick steaks. Season with salt, pepper, and drizzle with 1 tablespoon of olive oil. Transfer the steaks to a smoking hot grill pan (you don't need to use any oil), Grill for about 2 - 4 minutes on each side, depending on the size.

GRILLED EGGPLANT STEAKS WITH MOZZARELLA CHEESE AND TOMATO SAUCE

Top each grilled eggplant steak with 1 or 2 tablespoons of your homemade tomato sauce and about one teaspoon of the [Gremolata sauce](#). To finish it off, place a slice of Mozzarella cheese on each steak. Cover with a lid and cook until the Mozzarella cheese has melted, for approximately 3 - 4 minutes. Serve immediately. Optionally sprinkle with fresh chopped parsley, chopped walnuts or drizzle with Gremolata sauce. Enjoy.