



MediterraneanStyle Eggplant Pasta

Jacob · 29/09/2024



Prep Time

10 mins

Dificult

Medium

Servings

55 mins

Description

A Mediterraneanstyle eggplant sauce for pasta that can be served with chicken for meatlovers Use good quality pasta cheeses and fresh herbs for best results Serve with slivered or grated Parmesan Serve with a green salad

Ingredients

- - 1 eggplant
- cut into 3/4-inch slices - salt as needed - 9 ounces pappardelle pasta (wide fettuccine noodles) - 3 tablespoons olive oil
- divided - 1 onion
- finely chopped - 3 cloves garlic
- minced - 2 teaspoons dried oregano - 1 (18 ounce) can crushed tomatoes - 1 tablespoon red wine vinegar - 1 teaspoon salt - 1 teaspoon white sugar - ½ teaspoon freshly ground black pepper - ½ pound fresh buffalo mozzarella cheese
- torn into pieces - ½ cup chopped fresh basil
- or more to taste

Instructions

1. Arrange eggplant slices in a colander and sprinkle with enough salt to lightly coat; drain for about 10 minutes. Rinse eggplant and pat dry with paper towels. Chop eggplant into cubes. Bring a large pot of lightly salted water to a boil. Cook pappardelle at a boil until tender yet firm to the bite
2. about 10 to 11 minutes; drain. Heat 1 1/2 tablespoon olive oil in a skillet over medium heat; cook and stir eggplant
3. adding more oil if eggplant gets dry
4. until browned
5. 5 to 10 minutes. Transfer eggplant to a bowl
6. reserving oil in the skillet. Heat remaining oil in the same skillet; cook and stir onion and garlic until golden
7. about 10 minutes. Return eggplant to skillet and season with oregano; cook and stir for 1 minute more. Mix tomatoes
8. vinegar
9. salt
10. sugar
11. and black pepper into eggplant mixture; cover skillet and simmer sauce until eggplant is softened
12. about 10 minutes. Mix sauce with pasta in a bowl; top with mozzarella cheese and basil. Cook's Note: Salting the eggplant in the colander can be skipped
13. but will ensure that any bitter taste is removed and will reduce the amount of oil absorbed during frying. It's not necessary to peel the eggplant. Substitute 2 tablespoons from oregano for the dried
14. if desired. Balsamic vinegar can be used in place of red wine vinegar
15. if desired.