



# EGGPLANT PARMIGIANA WITH GARLIC BARLEYGRASS PESTO

## INGREDIENTS

- 1 Aubergine
- Hand full of Walnuts
- Basil
- 1 tsp **Bioglan Superfoods Barleygrass powder**
- 1 Beef tomato
- 1 Lemon
- 1 clove of Garlic
- 1 tsp Olive oil
- 1 tbsp Salt
- Splash of Water



## METHOD

1. Cut aubergine into slices
2. Rub salt onto the aubergine and leave for 30 minutes to an hour (to extract water)
3. Process walnuts and breadcrumbs and carefully grill making sure not to burn. This will create a topping for the aubergine
4. Gently wipe the salt off the aubergine with a damp paper towel
5. Coat aubergine slices with olive oil and coat with the bread crumbs
6. Blend olive oil, lemon juice, walnuts, garlic, and salt for the cheese
7. Blend olive oil, freeze dried **Bioglan Superfoods Barleygrass Powder**, basil, garlic, and salt for the pesto
8. Serve up as a tower of slices, Aubergine the tomato, some dressing the aubergine again. All on a bed of the **Bioglan Superfood Barleygrass pesto**.