

New Inn Lane Nurseries

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Fresh Produce Recipes

- **Aubergine, Mushroom and Tomato Bolognaise**
- **Baked Aubergine Parmigiana**
- **Lamb Moussaka**
- **Aubergine, Feta and Mint Salad**

Aubergine, Mushroom and Tomato Bolognese

Serves 4

Ingredients

25g	Butter
2 tbspn	Olive Oil
1	Onion <i>Chopped</i>
2	Cloves Garlic <i>Crushed</i>
1	Aubergine <i>Finely Chopped</i>
175g	Mushrooms <i>Sliced</i>
6	Large Plum Tomatoes <i>Chopped</i>
1	Vegetable Stock Cube
2 tspn	Dried Mixed Herbs
	Salt and Freshly Ground Black Pepper
300g	Spaghetti or Linguine
1tspn	Light or Dark Muscovado Sugar

Method

1. Melt the butter in a large saucepan with the olive oil. Add the onion and garlic, stir well, then cover and reduce the heat to low. Allow them to “sweat” for 4-5 minutes.
2. Add the aubergine and mushrooms to the saucepan. Stir well, cover and cook over a very low heat for a further 5 minutes.
3. Add the tomatoes to the saucepan, along with the stock cube, herbs and sugar. Season with salt and pepper, then cook, uncovered for about 20-30 minutes, until reduced and thickened.
4. About 15 minutes before you want to eat, cook the spaghetti or linguini in plenty of lightly salted boiling water.
5. Divide the pasta between four warmed pasta bowls and top with the bolognese sauce. Serve with grated cheese.



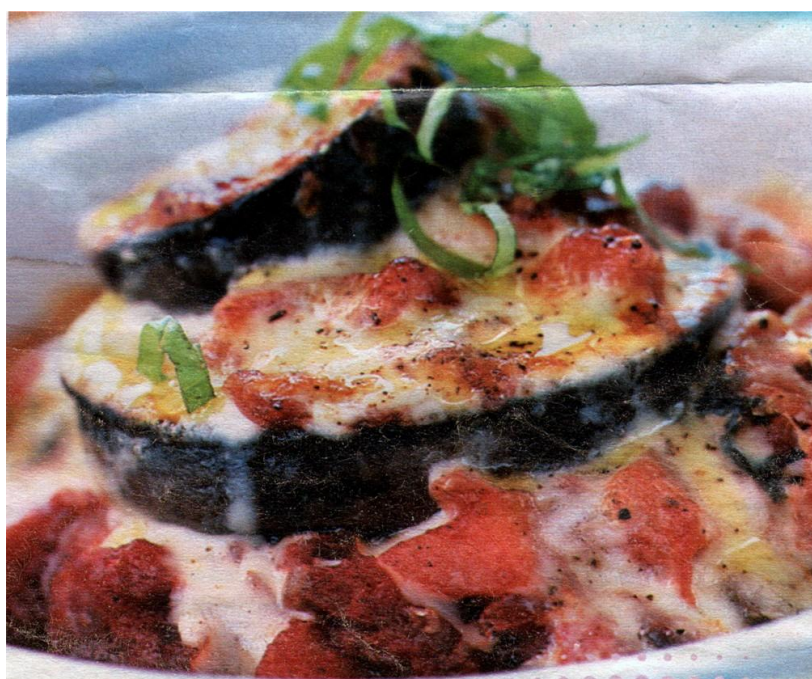
Baked Aubergine Parmigiana

With thanks to Sarah Edwards of Sarah Edwards Cakes for original recipe

Ingredients		Serves 4
2	Aubergines	
8	Plum Tomatoes <i>Peeled & Chopped</i>	
	Olive Oil	
1	Onion <i>Peeled & Chopped</i>	
2	Cloves of Garlic <i>Crushed</i>	
1	Stick Celery <i>Thinly Sliced</i>	
1 tspn	Sugar	
	Chopped Herbs	
	Salt & Freshly Ground Black Pepper	
	Flour	
	Beaten Egg	
	White Sauce	
	Fowlers Chilli Cheese <i>Grated</i>	

Method

1. Slice the aubergines thinly.
2. Lightly coat in flour then egg, and fry in olive oil until golden brown.
3. Make tomato sauce by frying the onion, garlic and celery until softened, add tomatoes, sugar, herbs and season. Simmer for 15 minutes.
4. Layer the aubergine slices on top of the tomato sauce in a greased dish. Cover with white sauce and scatter cheese on top.
5. Bake at 180°C for approximately 40 minutes.



Lamb Moussaka

With thanks to Anne Beaumont Lyon Farm

Ingredients

Serves 4

1	Aubergines
450g	Plum Tomatoes <i>Peeled & Chopped</i>
450g	Lyon Farm Lamb Mince
1	Courgette <i>Chopped</i>
400g	Natural Yoghurt
200g	Cheese <i>Grated</i>
2	Eggs <i>Beaten</i>
1	Onion
3	Cloves of Garlic
	Olive Oil
	Fresh Parsley
	A Pinch of Nutmeg

Method

1. Preheat the oven to 190°C / 375°F / Gas Mark 5.
2. Slice the aubergines, brush with olive oil and bake for approx 15 minutes until golden brown and just softened.
3. Finely chop the onion, crush the garlic and chop the parsley.
4. Fry the onion and garlic until softened add the lamb mince and cook for 4 to 5 minutes until the lamb is sealed. Add the chopped tomatoes and courgette and simmer for 15 to 20 minutes. Remove from the heat and stir in the parsley.
5. Layer half of the aubergines in a greased baking dish, add the meat sauce, and then top with the remaining aubergines. Mix together the yoghurt, cheese, eggs and nutmeg, pour over the aubergines and bake for 30 to 40 minutes until golden brown.
6. Serve with a green salad.



Aubergine, Feta and Mint Salad

Ingredients

Serves 4 as a starter or side dish

2 Medium Aubergines

Extra Virgin Olive Oil

100g Feta Cheese

Fresh Chopped Mint

Black Pepper

Lemon Juice (*Optional*)

Method

1. Preheat the oven to 200°C / 400°F / Gas Mark 6.
2. Line a baking tray with baking parchment.
3. Cut the aubergines into thick rounds, brush both sides with olive oil and lay on baking tray.
4. Cook for 15 minutes until soft and browned - check with a skewer to make sure they are done. Leave to cool slightly.
5. Whilst still warm, layer the slices in a serving dish with crumbled feta and chopped mint.
6. Season each layer with black pepper. Drizzle over a little olive oil and spritz with lemon juice.
7. Serve.