



Product Spotlight: Eggplant


Loved for its creamy texture after cooking, eggplant is commonly known as a vegetable but is a member of the berry family!



K2 Crumbed Eggplant Steaks with Chips and Salad

A delicious and easy dinner for the whole family. Oven-baked chips and crispy eggplant slices with a simple dressed salad and char-grilled capsicum sauce.

 30 minutes

 2 servings

 Plant-Based

11 November 2022

Mix it up!

Dice the potatoes and eggplant and toss them together on a lined oven tray with the cherry tomatoes, oil, Italian herbs, salt and pepper. Bake for 20 minutes and serve with the salad on the side.

Per serve: **PROTEIN** 30g **TOTAL FAT** 27g **CARBOHYDRATES** 77g

FROM YOUR BOX

POTATOES	500g
EGGPLANT	1
LUPIN CRUMBS	1 packet (80g)
BABY COS LETTUCE	1
AVOCADO	1
TOMATO	1
CHAR-GRILLED CAPSICUM SAUCE	100g
SUPER SEEDS	1 packet (20g)

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried Italian herbs, balsamic vinegar

KEY UTENSILS

oven trays x 2

NOTES

Add some mustard (seeded or dijon), crushed garlic or some maple syrup and lemon juice for different flavours in your dressing.



1. COOK THE POTATOES

Set oven to 200°C.

Cut potatoes into chips and toss on a lined oven tray with **1 tsp Italian herbs, oil and pepper**. Cook for 20–25 minutes until golden.



2. COOK THE EGGPLANT

Slice eggplant into 1 cm rounds. Toss with **oil**, then press firmly into lupin crumbs to coat. Place on a second lined oven tray and bake for 10–15 minutes until golden and tender.



3. MAKE THE SALAD

In a large bowl whisk together **1 tbsp olive oil, 1/2 tbsp vinegar, salt and pepper** (see notes). Wash and roughly chop lettuce, slice avocado and dice tomato. Toss together in bowl with dressing.



4. FINISH AND SERVE

Divide potato chips between plates. Add eggplant rounds, salad and sauce. Sprinkle with super seeds.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

