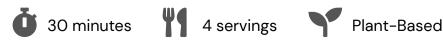


Product Spotlight: Eggplant

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

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.



11 November 2022

MANGIA MANGIA



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 TOTAL FAT CARBOHYDRATES 20g 21g 65g

FROM YOUR BOX

POTATOES	1kg
EGGPLANT	1
LUPIN CRUMBS	1 packet (80g)
BABY COS LETTUCE	2-pack
AVOCADO	1
CHERRY TOMATOES	200g
CHAR GRILLED CAPSICUM SAUCE	2 x 100g
SUPER SEEDS	1 jar

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, Italian mixed 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 **2 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 **2 tbsp olive oil, 1 tbsp vinegar, salt and pepper** (see notes). Wash and roughly chop lettuce, slice avocado and halve cherry tomatoes. 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.

