

Crumbed eggplant with easy minted tzatziki



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Preparation: about 20 minutes

Cooking: about 15 minutes

Serves: 6 as a starter or side dish

¾ cup plain flour

Salt and ground black pepper

2 eggs

¼ cup milk

2 cups dried breadcrumbs

2 medium (about 400g each) eggplants,
cut into 1–cm thick slices

Olive oil, for shallow frying

Lemon wedges, to serve

Easy Minted Tzatziki

200g tub reduced fat tzatziki dip

½ cup mint leaves, finely chopped

1 tsp lemon juice

1. To make Easy Minted Tzatziki, place dip, mint and lemon juice into a small bowl. Season with salt and pepper to taste. Stir to combine. Set aside for flavours to develop.
2. Place flour in a shallow bowl and season with salt and pepper. Combine eggs and milk in another shallow bowl. Place breadcrumbs in a bowl. Coat each eggplant slice in a light dusting of flour then dip in egg mixture and coat in breadcrumbs, pressing crumbs to secure. Once coated, place onto a large plate.
3. Heat ½ cm oil in a large frying pan over medium-low heat. Cook eggplant in batches, for 1-2 minutes on each side until golden. Drain on paper towel. Serve eggplant with tzatziki and lemon wedges.



Eggplant

- A good source of dietary fibre, which is important to keep the bowel functioning efficiently.
- Provides some folate (one of the B vitamins) that is important for heart health.
- A good source of vitamin E, which helps preserve the membranes around all cells in the body.