

EGGPLANT SCHNITZELS



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Preparation 20 mins | Cooking 10 mins | Serves 4

These delicious 'meatless' schnitzels also go well on a burger.

- 1/3 cup plain flour
- 2 free-range eggs, lightly beaten
- 2 cups panko breadcrumbs
- 1/2 cup grated parmesan
- 2 plump (about 400g each) eggplants, trimmed and cut lengthways into 1cm thick slices
- Olive or canola oil, for shallow frying
- Kewpie mayonnaise, mixed salad and lemon wedges, to serve

STEP 1 Place flour into a shallow bowl. Whisk eggs in a shallow bowl. Combine breadcrumbs and parmesan in another shallow bowl.

STEP 2 Dip eggplant into flour, then egg and coat in breadcrumb mixture, pressing breadcrumbs into eggplant.

STEP 3 Heat 1cm oil in a large frying pan over medium heat. Fry eggplant, in batches, for 3-4 minutes on each side until golden. Drain on paper towel.

STEP 4 Arrange eggplant schnitzels on a serving plate. Drizzle with mayonnaise and serve with a mixed salad and lemon wedges.

Good for you... **EGGPLANT**

A good source of dietary fibre, which contributes to normal bowel function. A good source of vitamin B6 that plays a role in hundreds of biochemical reactions in the body, including contributing to energy metabolism. The purple skin is a rich source of antioxidants

