



Eggplant schnitzel

with tangy potato salad



Make this dish within 5 days of receiving your meal kit



Cooking equipment: baking tray/s, medium pot



Pantry items needed: plain flour, unsweetened soy milk, apple cider vinegar / white vinegar, olive oil spray / olive oil, salt, tomato ketchup (optional)



Hands-on: 25-30 minutes
Ready in: 40 minutes



Serves: 2 or 4

A delicious take on the classic schnitzel, this eggplant version will delight with its natural richness and tasty herb crumb. Served with a fresh and crunchy potato salad featuring green apple, cornichons and a house-made tangy dressing.

Before you start

Read through the recipe and give your fresh produce a wash.

Ingredients

	2 serves	4 serves
Eggplant	450g	900g
Salt*	1 tsp	2 tsp
Plain flour*	¼ cup	½ cup
Unsweetened soy milk*	1 cup	2 cups
Apple cider vinegar / white vinegar*	½ tbsp	1 tbsp
Panko crumb	1 packet	1 packet
Olive oil spray/ olive oil*	as needed	as needed
Red potato	500g	1kg
Spring onion	20g	40g
Cornichons	1 tub	1 tub
Green apple	150g	300g
Potato salad dressing	1 tub	1 tub
Tomato ketchup (optional)*	to taste	to taste

* Pantry items

Allergens and ingredients

Allergens: gluten, wheat, soy, sulphites.

May contain traces of other allergens.

For full details of allergen and ingredient information contact us at (02) 8773 4584.

Instructions

1. Prepare eggplant

Preheat oven to 190°C. Cut stem off **eggplant** and slice lengthways into 1cm-thick slices, 3 slices per person. Laying flat, sprinkle over **salt*** and rub into **eggplant** flesh using your fingers. Allow to sit for **5 minutes**. Wipe off moisture and excess **salt*** with paper towel.

2. Cook schnitzels

Place **plain flour*** onto a plate. In a shallow bowl, add **soy milk*** and **vinegar***. Pour **panko crumb** onto another plate and stir to mix. One by one, dip **eggplant** slices into **flour***, flipping to coat both sides, then dip into **milk** mixture (tip 1). Place into **panko crumb**, flip to cover both sides, pressing lightly to make the crumb stick.

Grease baking tray/s with **olive oil spray/olive oil***. Place **eggplant schnitzels** 2cm apart on baking tray/s and spray additional **olive oil spray/olive oil*** (tip 2). Bake for **15 minutes**. Carefully flip and cook for a further **15 minutes** or until golden and crispy on both sides.

3. Cook potatoes

Peel **potato** and dice into 2cm cubes. In a medium pot, add **potatoes** and enough water to cover and bring to a boil. Reduce to a simmer and cook, covered, until **potato** can be easily pierced with a knife, about **8 minutes**. Drain and allow to cool.

4. Make potato salad

Finely chop **spring onion** and **cornichons**. Dice **green apple** into 1cm cubes. In a medium bowl, add **potato salad dressing**, **spring onion**, **cornichons** and **apple** and stir to combine. Fold in **potatoes**.

5. Serve

Serve **eggplant schnitzels** with **tangy potato salad** on the side and **tomato ketchup (optional)***.

Cooking tips

1. Keep one hand for dry ingredients and one hand for wet ingredients to avoid crumbing your fingers!
2. If you are not using olive oil spray, use a pastry brush to distribute oil.

Eat your way
to healthy!



Eggplants are an excellent source of dietary fibre. They are also a good source of vitamins B1 and B6 as well as potassium, copper, magnesium and manganese. In addition, they boast a high number of antioxidants, especially anthocyanins.

Eggplants have been linked to health benefits such as lower risk of cancer, heart disease and diabetes, improved brain and eye health, and weight management.

Nutritional information*

	Per 570g serve	Per 100g
Energy	3040kJ (727Cal)	533kJ (128Cal)
Protein	17.2g	3.0g
Fat, total	34.3g	6.0g
- Saturated	3.5g	0.6g
Carbohydrate	81.0g	14.0g
- Sugars	12.0g	2.0g
Sodium	1796mg	315mg

* Nutritional information is based on averages