

Crispy Eggplant

Get some more veggies on your plate for teatime or any meal of the day.



Ingredients

- ☐ 1 large eggplant
- ☐ 2 cups breadcrumbs
- ☐ ½ cup plain flour
- ☐ 2 eggs, lightly whisked
- ☐ vegetable oil
- ☐ salt

Tomato & Chilli Chutney:

- ☐ 1 cup chopped tomatoes
- ☐ 2 garlic
- ☐ 1 green chilli
- ☐ Salt

Directions

- 1 Trim and discard the eggplant stem. Then trim the eggplant so that it is almost a neat rectangle. Then cut into roughly 3cm cubes. Place the eggplants pieces into a colander set over a bowl and season with salt. Allow to sit for about 10 minutes.
- 2 Place the breadcrumbs, flour and eggs into separate shallow plates.
- 3 Dip each piece of eggplant into the flour, then egg and then coat with the breadcrumbs.
- 4 Fill a saucepan or wok to about 1/3 capacity with the vegetable oil. Heat over high heat. The oil should be hot enough.
- 5 Cook the eggplant in batches in the hot oil until golden. Drain on paper towel.
- 6 To serve with the chutney