



# CHEAT'S EGGPLANT PARMIGIANA

with Avocado-Cucumber Salad



Try a vegetarian twist on the classic pub meal!



Kumara



Eggplant



Garlic



Oregano



Panko Breadcrumbs



Crushed & Sieved Tomatoes



Cheddar Cheese



Dijon Mustard



Cucumber



Avocado



Mixed Salad Leaves

Hands-on: 25 mins  
Ready in: 35 mins

Yes, you can whip up an eggplant parmie at home – it's not that hard! At least our version isn't – with hearty eggplant steaks that are lightly fried until golden then baked to get the signature cheesy tomato topping. Served with a fresh and satisfying salad, this shows you can improve on the classics!

**Pantry Staples:** Olive Oil, Plain Flour, Egg, Brown Sugar, Honey, Vinegar (White Wine Or Red Wine)

# BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **two oven trays** lined with **baking paper**
- **large frying pan**



## 1 ROAST THE KUMARA

Preheat the oven to **220°C/200°C fan-forced**. Cut the **kumara** (unpeeled) into 1cm cubes. Place the kumara on an oven tray lined with baking paper, **drizzle** with **olive oil** and season with **salt** and **pepper**. Toss to coat, then roast for **25-30 minutes** or until tender.



## 2 PREP THE VEG

While the kumara is roasting, trim two opposite sides of the **eggplant** to create two flat sides, then cut lengthways into 2cm steaks. Season both sides of each slice with **salt**. Finely chop the **garlic** (or use a garlic press). Pick and roughly chop the **oregano** leaves. Grate the **Cheddar cheese**. **TIP:** *Cut the eggplant to the correct thickness so it cooks in the allocated time!*



## 3 FRY THE EGGPLANT

In a shallow bowl, combine the **plain flour**, **salt** and a **good pinch of pepper**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place the **panko breadcrumbs**. Dip the **eggplant** into the flour mixture, then the egg, and finally in the breadcrumbs. Set aside on a plate. In a large frying pan, heat enough **oil** to coat the base over a medium-high heat. When the oil is hot, add the eggplant and cook for **3-4 minutes** each side or until golden and soft. Transfer to a plate lined with paper towel.



## 4 BAKE THE EGGPLANT

Wipe out the frying pan and return to a medium-high heat with a **drizzle of olive oil**. Add the **garlic** and cook, stirring, for **30 seconds** or until fragrant. Add the **crushed & sieved tomatoes** (see ingredients list) and **oregano** and simmer for **3-4 minutes** or until reduced. Season to taste with **salt**, **pepper** and **brown sugar**. Transfer the **eggplant** to a second oven tray lined with baking paper and top with the tomato sauce and the **Cheddar cheese**. Bake for **5-10 minutes**, or until the cheese has melted.



## 5 MAKE THE SALAD

While the eggplant is baking, slice the **cucumber** into half-moons. Dice the **avocado**. In a medium bowl, combine the **Dijon mustard** (see ingredients list), **honey**, **vinegar** and a **drizzle of olive oil**. Season with **salt** and **pepper** and mix well. Add the **mixed salad leaves**, cucumber, avocado and **kumara**. Just before serving, toss to combine.



## 6 SERVE UP

Divide the eggplant parmigiana and avocado-cucumber salad between plates.

# ENJOY!

# 2|4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
kumara	1	2
eggplant	1	2
garlic	2 cloves	4 cloves
oregano	1 bunch	1 bunch
Cheddar cheese	1 block (50 g)	1 block (100 g)
plain flour*	2 ½ tbs	½ cup
salt*	1 tsp	2 tsp
egg*	1	2
panko breadcrumbs	1 packet	2 packets
crushed & sieved tomatoes	½ tin (200 g)	1 tin (400 g)
brown sugar*	pinch	pinch
cucumber	1	2
avocado	1	2
Dijon mustard	¼ tub (10 g)	½ tub (20 g)
honey*	½ tsp	1 tsp
vinegar* (white wine or red wine)	1 tsp	2 tsp
mixed salad leaves	1 bag (30 g)	1 bag (60 g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2970kJ (709Cal)	487kJ (116Cal)
Protein (g)	21.6g	3.5g
Fat, total (g)	41.5g	6.8g
- saturated (g)	11.9g	2.0g
Carbohydrate (g)	57.2g	9.4g
- sugars (g)	19.7g	3.2g
Sodium (g)	1450mg	238mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589

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