













Crumbed Eggplant

with Spiced Fries & Plant-Based Basil Pesto

Grab your Meal Kit with this symbol



-  Eggplant
-  Herb & Mushroom Seasoning
-  Plant-Based Mayo
-  Panko Breadcrumbs
-  Potato
-  Aussie Spice Blend
-  Garlic
-  Pear
-  Flaked Almonds
-  Crushed & Sieved Tomatoes
-  Mixed Leaves
-  Plant-Based Basil Pesto

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: 20-30 mins
Ready in: 35-45 mins

Plant Based

Yes, you can whip up an eggplant parma at home — it's not that hard! At least our version isn't — with hearty eggplant steaks that are lightly roasted, then baked to get a golden crumb and tomato topping. Served with a pear salad and tasty fries, this shows you can always improve on the classics!

Pantry items

Olive Oil, Brown Sugar, Plant-Based Butter, Balsamic Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
eggplant	1	2
herb & mushroom seasoning	1 sachet	2 sachets
plant-based mayo	1 packet (50g)	1 packet (100g)
panko breadcrumbs	1 packet	1 packet
potato	2	4
Aussie spice blend	1 sachet	1 sachet
garlic	2 cloves	4 cloves
pear	1	2
flaked almonds	1 packet	2 packets
crushed & sieved tomatoes	½ box	1 box
brown sugar*	1 tsp	2 tsp
plant-based butter*	10g	20g
mixed leaves	1 medium bag	1 large bag
balsamic vinegar*	drizzle	drizzle
plant-based basil pesto	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3834kJ (916Cal)	652kJ (156Cal)
Protein (g)	16g	2.7g
Fat, total (g)	60.3g	10.2g
- saturated (g)	9.2g	1.6g
Carbohydrate (g)	75.6g	12.9g
- sugars (g)	27.6g	4.7g
Sodium (mg)	1321mg	225mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Roast the eggplant

Preheat oven to **240°C/220°C fan-forced**. Cut **eggplant** into 1cm-thick rounds. In a medium bowl, combine **herb & mushroom seasoning** and **plant-based mayo**. In another medium bowl, combine **panko breadcrumbs** and a pinch of **salt**. Coat **eggplant** slices in the **mayo mixture**, then toss in **panko breadcrumbs**. Transfer **eggplant** slices to a lined oven tray and drizzle with **olive oil**. Bake until **eggplant** is golden, **25-30 minutes**.



Cook the sauce

When the eggplant has **5 minutes** remaining, return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **garlic** until fragrant, **1 minute**. Add **crushed and sieved tomatoes**, the **brown sugar** and the **plant-based butter**. Simmer until reduced and slightly thickened, **2-3 minutes**. Season to taste.



Bake the fries

Meanwhile, cut **potato** into fries, then place on a second lined oven tray. Drizzle with **olive oil**, sprinkle over **Aussie spice blend** and toss to coat. Spread out evenly, then bake until tender, **20-25 minutes**.



Make the salad

In a large bowl, add **pear**, **mixed leaves** and a drizzle of **olive oil** and **balsamic vinegar**. Season with **salt** and **pepper**. Toss to combine.



Get prepped

While the fries are baking, finely chop **garlic**. Thinly slice **pear**. Heat a large frying pan over medium-high heat. Toast **flaked almonds**, tossing, until golden, **2-3 minutes**.



Serve up

Divide crumbed eggplant, spiced fries and pear salad between plates. Spoon tomato sauce over eggplant and top with **plant-based basil pesto**. Garnish salad with almonds.

Enjoy!