

MARLEY SPOON



Baked Eggplant Schnitzel

with Tomato Sauce and Feta



30-40min



4 Portions

Our vegetarian remake of chicken schnitty features soft, baked eggplant with a crunchy panko crumb coating. Served straight from the oven with a warm and chunky tomato sauce, fresh cucumber, fragrant oregano and a little scattering of creamy feta, it's got all the flavour of the original, but is better for you.

What we send

- Lebanese cucumber
- onion
- feta ⁷
- panko breadcrumbs ¹
- oregano, garlic
- eggplant
- diced tomatoes
- baby spinach leaves
- lemon

What you'll require

- egg ³
- extra virgin olive oil
- olive oil
- olive oil spray
- plain flour ¹
- sea salt and pepper
- sugar

Utensils

- baking paper
- medium saucepan
- oven tray
- paper towel

Our vegies come fresh from the farm, so please wash them before use.

Allergens

Gluten (1), Egg (3), Milk (7). May contain traces of other allergens.

Nutrition per serving

Energy 490kcal, Fat 26.8g, Carbs 38.3g, Proteins 16.8g



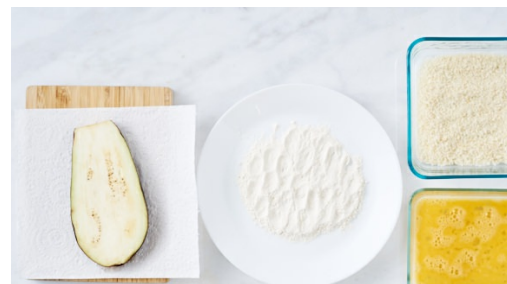
1. Prepare eggplant

Read through the recipe. Heat the oven to 220C, fan-forced. Line 2 oven trays with baking paper and spray with **olive oil**. Put the trays in the oven to preheat. Cut a thin slice off the sides of the **eggplants** (this ensures all pieces are flat), then cut the eggplants lengthwise into 8 x 2cm-thick slices. Season both sides well with **salt**.



4. Make tomato sauce

Heat **1 tbs olive oil** in a medium saucepan over medium-high heat. Cook the **onion** for 2 mins, then add the **garlic** and cook for 1 min or until onion has softened. Add the **tomatoes** and **oregano** and bring to a simmer. Reduce heat to medium and cook, uncovered, for 8-10 mins until thickened.



2. Prepare crumb

Put **50g (1/3 cup) flour** on a plate. Combine the **breadcrumbs** and **3 tsp olive oil** in a shallow bowl or dish. Whisk **2 eggs** in a shallow bowl or dish. Pat the **eggplant** dry with paper towel to remove excess moisture.



5. Finish tomato sauce

Meanwhile, coarsely chop the **cucumbers**. Stir **half the spinach** and **1 tsp sugar** into the tomato sauce, season with **salt and pepper** and cook for 1 min or until the spinach wilts. Remove from the heat.



3. Bake eggplant

Dust each **eggplant slice** all over in the **flour**, then dip in the **egg mixture** and coat in **breadcrumbs**. Put the **crumbed eggplant** on the preheated trays. Bake for 25 mins or until tender and the crust is golden. Meanwhile, finely chop the **onion**. Crush or finely chop the **garlic**. Pick the **oregano leaves**, discarding the stems, and coarsely chop.



6. Prepare cucumber salad

Cut the **lemon** into wedges. Put the **cucumber**, **remaining spinach**, the juice from **2 lemon wedges** and **2 tbs extra virgin olive oil** in a bowl, season with **salt and pepper** and toss to combine. Divide the **eggplant**, **sauce** and **salad** among plates. Crumble over the **feta** and serve with the **remaining lemon wedges**.