

# DINNERLY



## Crumbed Eggplant Sandwich with Sweet Potato Gems

 20-30 minutes  4 Servings

Milk buns stuffed with golden crumbed eggplant and tangy pickled carrot, with a serving of sweet potato gems for good measure? Say hello to your favourite new vego burger.

## WHAT WE SEND

- 4 milk buns <sup>1,3,6,7</sup>
- 1 eggplant
- 2 carrots
- 140g baby spinach leaves
- 40g panko breadcrumbs <sup>1</sup>
- 4 sweet potatoes

## WHAT YOU NEED

- chilli flakes
- mayonnaise <sup>3</sup>
- olive oil
- olive oil spray
- sugar
- white vinegar

## TOOLS

- baking paper
- foil
- oven tray
- vegetable peeler

Our veggies come straight from the farm, so please wash them before cooking.

## COOKING TIP

The remaining eggplant won't be used in this dish - If you don't have a third rack you can place the tray of buns on the base of your oven.

## ALLERGENS

Gluten (1), Egg (3), Soy (6), Milk (7). May contain traces of other allergens.

## NUTRITION PER SERVING

Energy 650kcal, Fat 24.6g, Carbs 83.6g, Proteins 15.9g



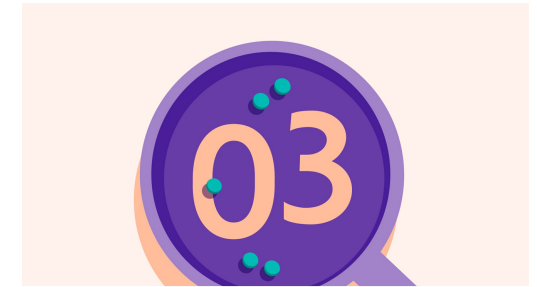
### 1. Prep veggies

Preheat the oven to 220C. Line one oven tray with foil and spray with **olive oil**. Line another oven tray with baking paper. Cut the **eggplant** widthwise into 8 slices. Cut the **unpeeled sweet potatoes** into 2-3cm chunks. Crush or finely chop **2 garlic cloves**. Combine the garlic, **80ml (1/3 cup) mayonnaise** and a **large pinch of chilli flakes** in a bowl.



### 2. Crumb eggplant

Put the **breadcrumbs** in a shallow dish and season with **salt and pepper**. Brush the **eggplant** with **1 tbs garlic mayonnaise**, then coat all over in the breadcrumbs. Transfer to the foil-lined tray and spray or brush with **olive oil**. Put the **sweet potato** on the remaining tray, drizzle with **1 tbs olive oil**, season with **salt and pepper**, then toss to coat.



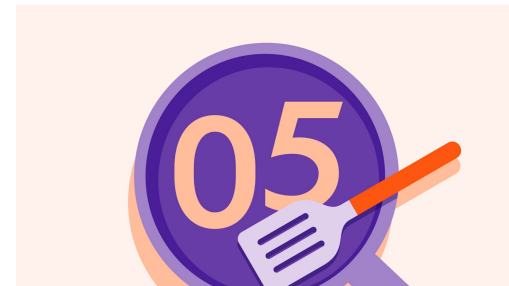
### 3. Bake veggies

Bake, rotating the trays, for 25 mins or until the crumbed eggplant and sweet potato are tender and golden. Five mins before the veggies are cooked, cut the **buns** in half, put on a third oven tray (see cooking tip) and cook on a lower shelf of the oven for 4-5 mins until warmed through.



### 4. Make pickled carrot

Meanwhile, peel the **carrots**, then peel into ribbons with a vegetable peeler. Put **2 tbs white vinegar**, **2 tsp sugar** and **1 tsp salt** in a large bowl and stir to dissolve. Add the carrot, toss to combine, then set aside to pickle until needed.






### 5. Assemble burgers

Spread the **bun tops and bases** with the **remaining garlic mayonnaise**. Layer with the **spinach**, **pickled carrot**, **crumbed eggplant** and drizzle with any **pickling liquid**. Sandwich with the **bun tops** and serve with the **roast sweet potato** and any **remaining spinach and pickled carrot** on the side.



### 6. Make it yours

Punch up the flavour by adding miso, wasabi or sriracha to the mayonnaise and add cabbage to the carrot slaw for extra crunch.

Questions about the recipe? Customer Service: **02 9056 7570** Email: [hi@dinnerly.com.au](mailto:hi@dinnerly.com.au)  
View the recipe online by visiting your account at [dinnerly.com.au](https://dinnerly.com.au)    **#dinnerly**

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Australian ingredients